

The India Issue

SAVEUR

**THE
ULTIMATE
SAMOSA**
PAGE 36

**SPICY
BEEF
KEBABS**
PAGE 89



167

SAVEUR.COM

Aug./Sept. 2014 \$6.00

*Ghanta tarkari,
mixed vegetable
coconut curry, see
page 35 for recipe.*



39
GREAT
RECIPES



we also make vanilla.

from midnight cookies & cream to pomegranate swirl, from sea salt caramel to pineapple coconut, Häagen-Dazs® has over 50 ways to find a new favorite flavor.



LOUDOUN LOCALE

The people, plates, and pours you will only find at **Epicurience Virginia**, a festival taking place **August 29 – September 1, 2014**, featuring local purveyors and regional wines.

BUY
YOUR
TICKETS
NOW!



COMMUNITY APPROVED

Ayrshire Farm in Upperville, the first Virginia farm to be Certified Organic and Certified Humane®, provides meats for local restaurants and markets, including its own Hunter's Head Tavern, and Home Farm Store. This famous chicken pot pie from Hunter's Head Tavern is made with Ayrshire's Certified Organic, Certified Humane® chicken.



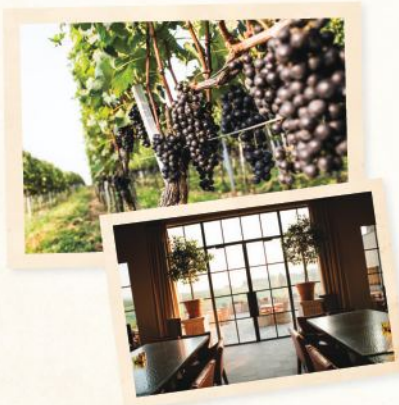
LOCAL, SEASONAL, ORGANIC

At the **Wine Kitchen Leesburg**, the seasonal American bistro menu uses local and organic ingredients raised by Loudoun County's farmers to create dishes like this warm spring vegetable salad. Wine Kitchen's sister restaurant, **WK Hearth** is about fresh, creative Italian cuisine using seasonal ingredients, like this spring flatbread with marinated artichokes, asparagus, housemade mozzarella, and arugula-mint pesto.



"At their root, wine and food are simple pleasures to be enjoyed among friends and family over the sound of happy, hearty laughter."

Executive Chef, Justin Garrison, the Wine Kitchen



PALATE PLEASER

The 300 acre **Early Mountain Vineyards** at the foot of the Blue Ridge Mountains features a tasting room and picturesque views, inviting guests to a palate pleasing experience. Local food and wine offerings are served daily at the vineyard's Market Place.



WINES WITH A SENSE OF PLACE

Tarara Winery specializes in single-vineyard blends, showcasing the essence of Virginia wine. Winemaker Jordan Harris has received much acclaim for his unique blends—several of which are 90+ point wines—such as being named one of America's Most Influential Winemakers and Top 40 Under 40 Tastemakers in 2013.

**EPICURIENCE
VIRGINIA**



VISIT EPICVIRGINIA.COM FOR MORE INFORMATION AND TO PURCHASE TICKETS.



Get Carried Away

IN DC'S WINE COUNTRY®

LOUDOUN IS DC'S WINE COUNTRY®

Just 26 miles from Washington, D.C. lies the home of more than 35 award-winning wineries and exquisite culinary experiences. Enjoy farm-to-table dining, local breweries and distilleries, farm-fresh berry pies, and sweets. Toss in a few hours antiquing in one of our charming towns and villages — the perfect pairing to your DC getaway.

Visit
LOUDOUN
— DC's Wine Country —

VISITLOUDOUN.ORG

SAVEUR India

18

From remote tribal villages to frenzied capital cities, in India, food is life's organizing principle. For this issue, we traverse the massive subcontinent, from east to west, from south to north and northeast, along the way dipping into restaurants and morning markets, the home of a nomadic herdsman and the palace of a raja, a wedding and a glossy movie set.

In these culinary microcosms, discover the chutneys, flatbreads, and a legion of dishes—Goa's pork vindaloo (page 56), the sweet rice pudding of a Tamil festival (page 74)—that are part and parcel to the cultures there, as well as definitive guides to ingredients and tools. The journey into India can start with just one curry, one dal, or one *lassi*. Come along with us.

14

First

How I fell in love with India. *By James Oseland*

94

Pantry

Where to find the ingredients, equipment, and resources in this issue.

By Kellie Evans

98

Moment

A sacred cow gets up close and personal with a Tamil Nadu native.

A cook at a temple in Odisha holds an offering of lentil stew with coconut (see page 35 for recipe).

Cover Ghanta Tarkari, mixed vegetable coconut curry (see page 35 for recipe) PHOTOGRAPH BY JAMES ROPER

Send all editorial questions, comments, and suggestions to 15 East 32nd Street, New York, NY 10016. You may also reach our editorial department via fax at 212/219-7420, or e-mail us at edit@saveur.com.

For reprints, e-mail reprints@bonniercorp.com.

JAMES ROPER

Wotags.net

Delight *has* no curfew.

A **seven-course** meal at midnight on your private veranda is only the beginning of the night.



SEABOURN®

seabourn.com

WorldMags.net

Recipes

East

- ✱ Aamba Khattha (Sweet and Sour Mango Pickle) 35
- Caramel Lassi 35
- Chingudi Chhecha (Odisha-Style Shrimp Curry) 35
- ✱ Dalma (Lentil Stew with Coconut) 35
- Garam Masala 35
- Ghanta Tarkari (Mixed Vegetable Coconut Curry) 35
- ✱ Maacher Jhol (Bengali-Style Fish Stew) 36
- Nimbu Ka Achar (Spicy Lemon Pickle) 36
- ✱ Samosas (Fried Potato-Filled Pastries) 36
- ✱ Sevaya Kheer (Vermicelli Milk Pudding) 36
- Tamarind Chutney 36

West

- ✱ Aloo Chana Chaat (Potato and Chickpea Snack) 54
- Bund Gobhi Aur Aloo Ki Subzi (Spicy Cabbage-and-Potato Curry) 54
- Chapatis (Whole Wheat Indian Flatbread) 54
- Hara Dhaniya Ki Chutney (Coconut-Cilantro Chutney) 54
- Jardalu ma Marghi (Parsi-Style Chicken Curry with Apricots and Shoestring Potatoes) 56
- Kaitha Chaka Pachadi (Spicy Pineapple Yogurt) 56
- Karipatta Chutney (Curry Leaf Chutney) 56
- Kheera ka Raita (Cucumber-Tomato Yogurt) 56
- Patra ni Muchchi (Steamed Banana-Wrapped Fish) 56
- ✱ Pork Vindaloo (Spicy Goanese Pork Stew) 56
- ✱ Sembharachi Kodi (Goanese Shrimp Curry) 58

South

- Aloo Masala (South Indian Masala Potatoes) 72
- Beetroot Thoran (South Indian Beet Stir-Fry) 72
- ✱ Dosas (South Indian Fermented Lentil and Rice Crêpes) 72



54



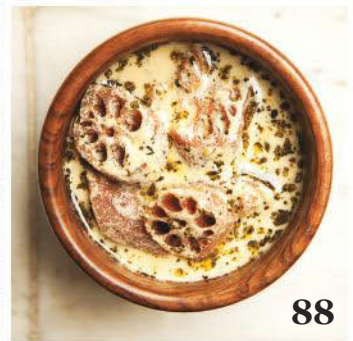
89



88



35



88

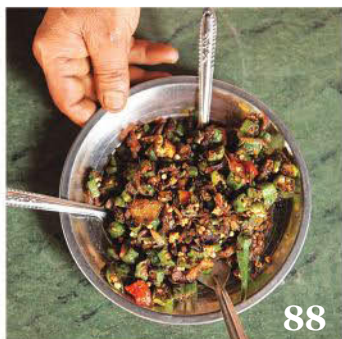
- Khatti Dal (Hyderabadi-Style Lentil Stew) 72
- ✱ Koli Milagu Masala (Chettinad Pepper Chicken) 74
- Palakoora Vepadu (Andhra-Style Sautéed Spinach) 74
- Sakkarai Pongal (Tamil-Style Sweet Rice Pudding) 74
- Smita Chandra's Rasam (Spicy Tamarind Soup) 74
- Thengai Chutney (Coconut Chutney) 74

North

- Besan Curry (Chickpea Fritters in Curry) 88
- Bhindi Masala (North Indian Okra Stir-Fry) 88
- Mirchi Qorma (Kashmiri Lamb in Chile Sauce) 88
- Nadru Yakhni (Lotus Root in Yogurt Sauce) 88
- Shahi Tukra (Royal Toast) 89
- Shami Kebabs (Spiced Ground Beef Patties) 89

Northeast

- Baanhgajor Lagot Gahori (Pork Belly with Fermented Bamboo) 93
- Koldilere Rondha Paro Manxo (Assamese Pigeon with Banana Flower) 93



88

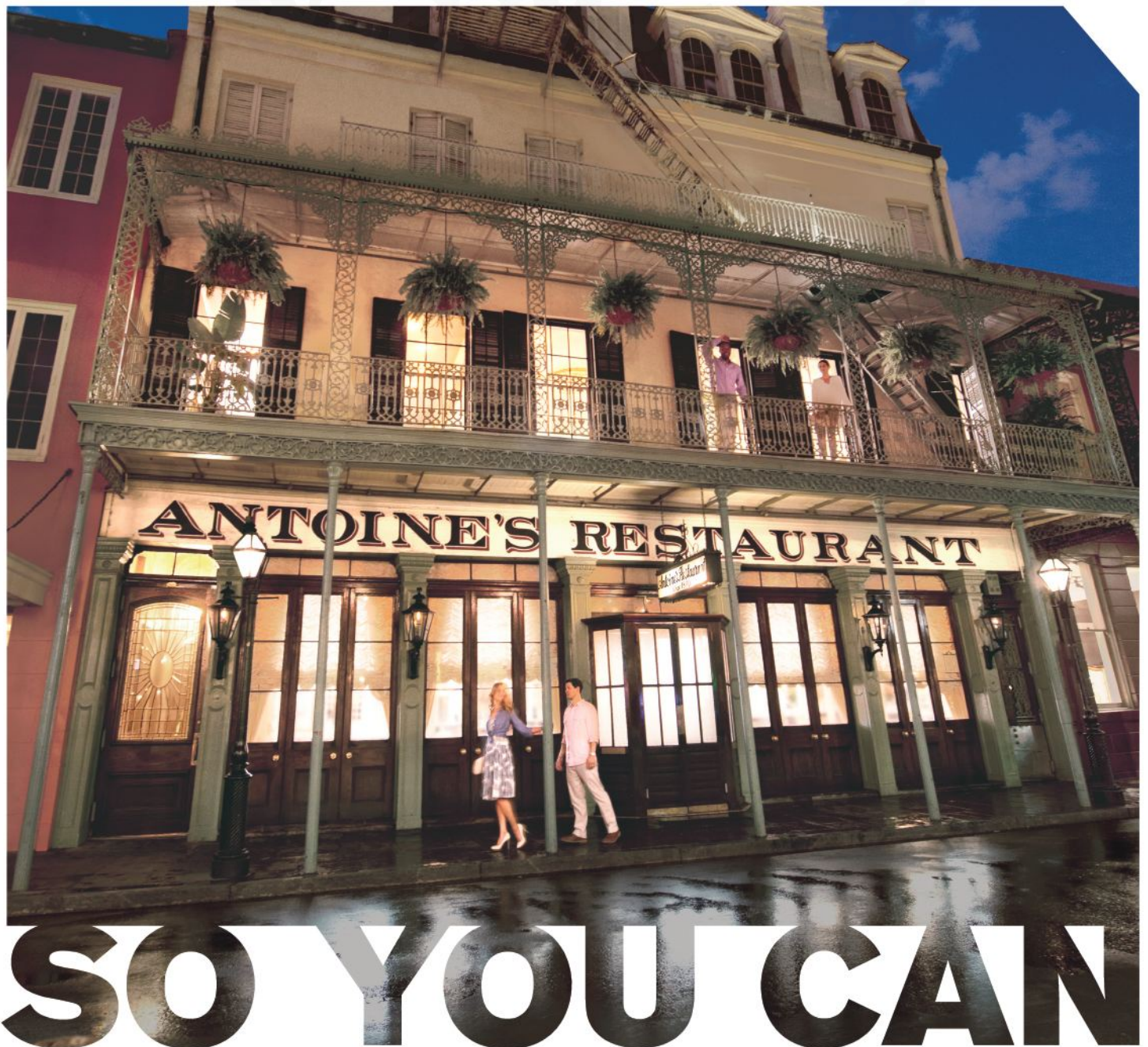


47



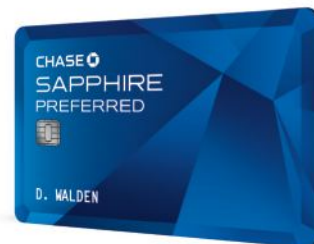
56

The ✱ denotes a Classic **SAVEUR** recipe. For more information, visit SAVEUR.COM/CLASSIC.



FIND THE FOOD THAT WAKES UP YOUR SOUL.

**2X POINTS ON TRAVEL AND
DINING AT RESTAURANTS.**



Chase Sapphire Preferred®

chase.com/sapphire



CHASE

INTRO ANNUAL FEE OF \$0 THE FIRST YEAR, THEN \$95

Purchase and balance transfer APR is 15.24% variable. Cash advances and overdraft advances APR is 19.24% variable. Penalty APR of 29.99% variable. Variable APRs change with the market based on the Prime Rate, which was 3.25% on 08/15/13. Annual fee: \$0 introductory fee the first year. After that, \$95. Minimum Interest Charge: None. Balance Transfer Fee: 3% of the amount of each transaction, but not less than \$5. Note: This account may not be eligible for balance transfers. Cash Advance Fee: 5% of the amount of each advance, but not less than \$10. Foreign Transaction Fee: None. Credit cards are issued by Chase Bank USA, N.A. Subject to credit approval. You must have a valid permanent home address within the 50 United States or the District of Columbia. Restrictions and limitations apply. Offer subject to change. See chase.com/sapphire for pricing and rewards details. © 2014 JPMorgan Chase & Co.

Effortless Never Tasted So Good!



Between work, family, and finding time to unwind, it's hard to imagine having the daily luxury of preparing delicious home-cooked meals. That's where the Cuisinart Cook Central® 3-in-1 Multicooker comes in.

With 3 fully programmable cooking functions, including Slow Cook, Brown/Sauté, and Steam, combination cooking has never been easier for the time-pressed cook. Now, you can develop rich, delicious flavors you never thought possible by browning ingredients right in the unit before switching to Slow Cook.

Working late? Need to pick up the kids from soccer practice? Not a problem! Our 24-hour timer and automatic Keep Warm setting promise a fresh-cooked meal, served hot and delicious, whenever you're ready to eat!

Cuisinart
SAVOR THE GOOD LIFE™

www.cuisinart.com
www.facebook.com/cuisinart

Macy's • Williams-Sonoma • Amazon

SAVEUR

EDITOR-IN-CHIEF
James Oseland

EXECUTIVE EDITOR **Betsy Andrews**
MANAGING EDITOR **Camille Rankin**
SENIOR EDITORS **Keith Pandolfi**, **Karen Shimizu**,
Mari Uyehara
ASSOCIATE FOOD EDITORS **Kellie Evans**, **Judy Haubert**
ASSOCIATE EDITOR **Felicia Campbell**
ASSOCIATE DIRECTOR, TEST KITCHEN **Farideh Sadeghin**
ASSISTANT EDITOR **Laura Loesch-Quintin**
EDITORS-AT-LARGE **David McAninch**, **Sofia Perez**
COPY CHIEF **Greg Robertson**
COPY EDITORS **Tom Gottlieb**, **David Sutter**,
Marissa Wolkenberg

ART DIRECTOR **David Weaver**
PHOTOGRAPHY DIRECTOR **Chelsea Pomaes**

EXECUTIVE DIGITAL EDITOR **Helen Rosner**
SENIOR DIGITAL EDITOR **Cory Baldwin**
ASSISTANT DIGITAL EDITORS **Laura Sant**,
Zoe Schaeffer
SITE PRODUCER **Michellina Jones**

ASSISTANTS
Mayo Kawano, **Claire Ann Lewis**, **Sarah Nicholas**,
Eliana Wittels (Kitchen); **Emily Carter**, **Isabel Carter**,
Claire Gambee, **Laura Grahame**, **Andrea Kang**,
Tara Zarrin Mohtadi, **Audrey Lane Morgan**,
Demetria Provatas, **Grace Rasmus**

CONTRIBUTING EDITORS
Jeffrey Alford, **Lidia Bastianich**, **Rick Bayless**, **Raymond Blanc**, **Tom Chino**, **Sara Dickerman**, **Naomi Duguid**,
Georgia Freedman, **Maria Guarnaschelli**, **Jessica B. Harris**, **Madhur Jaffrey**, **Nancy Harmon Jenkins**,
Barbara Kafka, **Peggy Knickerbocker**, **Jeremy Lee**,
Dave Lieberman, **Stanley Lobel**, **Alec Lobrano**, **Deborah Madison**, **Nancie McDermott**, **Shane Mitchell**, **Andrea Nguyen**, **Maricel E. Presilla**, **Francine Prose**, **Jon Rowley**,
David Sax, **Chris Schlesinger**, **Hiroko Shimbo**, **Jane Stern**, **Michael Stern**, **David Wondrich**, **Grace Young**

CONTRIBUTING DRINKS EDITOR **Camper English**

CONTRIBUTING PHOTOGRAPHERS
Andre Baranowski, **Penny De Los Santos**, **Ben Fink**,
Andrew Ingalls, **Michael Kraus**, **Ariana Lindquist**,
Landon Nordeman, **Barbara Ries**



Publication Agreement Number: 40612608

Canada return mail: IMEX, P.O. Box 25542, London, ON N6C 6B2
Employment opportunities at bonniercorp.com
Retail Single Copy Sales: ProCirc Retail Solutions Group, Tony DiBisceglie

For customer service and subscription questions,
such as renewals, address changes, e-mail preferences, billing, and account status, go to saveur.com/cs. You can also e-mail SAVcustserv@cdsfulfillment.com, in the U.S. call toll free 877-717-8925, outside the U.S. call 515-237-3697, or write to SAVEUR, P.O. Box 6364, Harlan, IA 51593.

KALUSTYAN'S
A LANDMARK FOR FINE SPECIALTY FOODS SINCE 1944

Global Groceries

With products from 75 countries, from Ancho to Vadouvan; Advieh to Zoug; Achiote to Vindaloo; Ajvar to Zanzibar Curry; Amchoor to Zaatar, Kalustyan's has it all!

123 Lexington Avenue, NYC
kalustyans.com

SAVEUR

PUBLISHER
Kristin Cohen

ADVERTISING DIRECTOR **Deanna Forgione**
MIDWEST ADVERTISING DIRECTOR **Lisa Celentani**

NEW YORK
ACCOUNT MANAGER **Daniel Bellish**
ACCOUNT MANAGER **Araceli Franco**
ACCOUNT MANAGER **Kylie Hamilton-Hill**
ACCOUNT MANAGER **James LaRusso**
MARKET MANAGER, EAST COAST **Amy Melser**
SALES ASSISTANT **Jordanne Pascual**

BRANCH OFFICES
ACCOUNT MANAGER, HAWAII **Debbie Anderson**
ACCOUNT MANAGER, DETROIT **Joy Gariepy**
ACCOUNT DIRECTOR, WEST COAST **Dana Hess**
ACCOUNT DIRECTOR, CANADA **Debbie Topp**
MARKET MANAGER, MIDWEST **Suzanne Benedetto**
MIDWEST SALES ASSISTANT **Lindsay Kuhlmann**

MARKETING
MARKETING DIRECTOR **Jessica Eassa Burke**
CREATIVE DIRECTOR **Laura Strom**
ASSOCIATE MARKETING DIRECTOR **Kristin Magnani**
ASSOCIATE MARKETING DIRECTOR, DIGITAL
Kimberly McNally
INTEGRATED MARKETING MANAGER **Ilana Brizel**
INTEGRATED MARKETING MANAGER **Jacqui Fusco**
MARKETING & EVENTS MANAGER **Kate Kudish**
INTEGRATED MARKETING MANAGER **Ashley Mihos**
GRAPHIC DESIGNER **Sophie Erskine**

CONSUMER MARKETING
CONSUMER MARKETING DIRECTOR **Bob Cohn**

DIGITAL
VICE PRESIDENT, DIGITAL OPERATIONS **David Butler**
DIGITAL CREATIVE DIRECTOR **Lisa Michurski**
GENERAL MANAGER, NEW YORK **Shannon Rudd**
DIGITAL ADVERTISING SPECIALIST **Sandra Patnode**
EMAIL MARKETING COORDINATOR **Kadri Goins**
DIGITAL ANALYST **Kevin Knowlton**

RESEARCH
RESEARCH DIRECTOR **Heather M. Idema**
MANAGER, CORPORATE RESEARCH **Anna Levina**
CORPORATE RESEARCH ANALYST **Christine Sendelsky**

PRODUCTION
CREATIVE DIRECTOR **Jerry Pomales**
CORPORATE PRODUCTION DIRECTOR **Jeff Cassell**
PRODUCTION MANAGER **Kristin Prohaska**
DESIGN SERVICES DIRECTOR **Suzanne Oberholtzer**
GRAPHIC DESIGNERS **Julia Arana,**
Jennifer Remias

HUMAN RESOURCES DIRECTOR **Kim Putman**

BONNIER Corporation

CHAIRMAN
Jonas Bonnier
CHIEF EXECUTIVE OFFICER
Dave Freygang

EXECUTIVE VICE PRESIDENT **Eric Zenczenko**
CHIEF CONTENT OFFICER **David Ritchie**
CHIEF FINANCIAL OFFICER **Nancy Coalter**
CHIEF OPERATING OFFICER **Lisa Earlywine**
CHIEF MARKETING OFFICER **Elizabeth Burnham Murphy**
CHIEF HUMAN RESOURCES OFFICER **Leslie Glenn**
CHIEF BRAND DEVELOPMENT OFFICER **Sean Holzman**
VICE PRESIDENT, INTEGRATED SALES **John Graney**
VICE PRESIDENT, CONSUMER MARKETING **John Reese**
VICE PRESIDENT, PUBLIC RELATIONS **Perri Dorset**
GENERAL COUNSEL **Jeremy Thompson**

INTRODUCING **GelPro Elite**

WORLD'S MOST
COMFORTABLE
FLOOR MAT



- EASY-TO-CLEAN TOP SURFACE
- SOOTHING GEL
- ENERGY-RETURN FOAM
- NON-SLIP BOTTOM SURFACE
- 50% THICKER THAN GELPRO CLASSIC™

GelPro.com

1.866.435.6287

Made in the USA Select styles available at **BED BATH & BEYOND**

ADVERTISEMENT

Save Time

24/7 CUSTOMER CARE

- ▶ Change Your Address
- ▶ Check Your Account Status
- ▶ Replace Missing Issues
- ▶ Renew, Give a Gift, or Pay a Bill

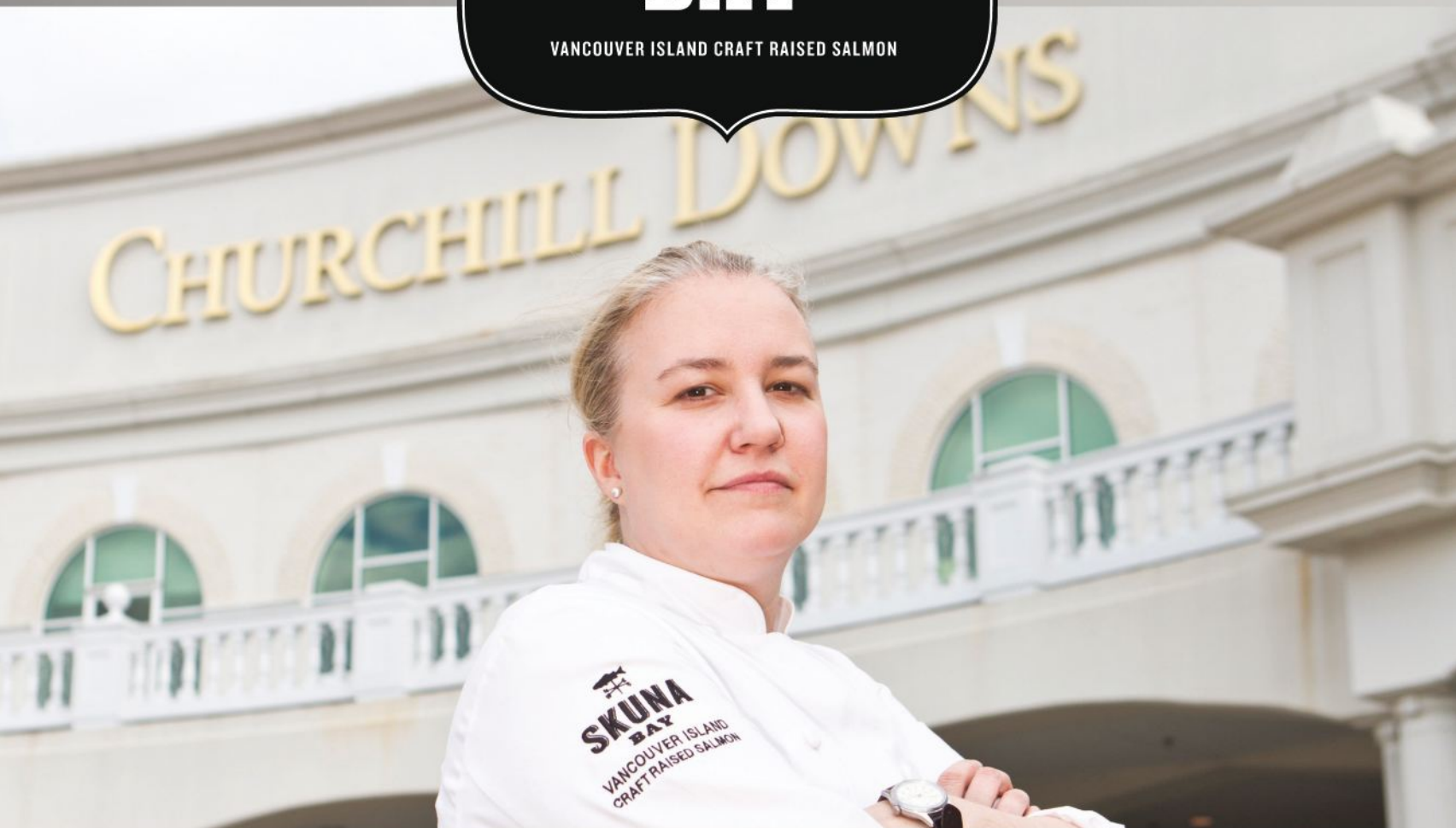
Just log on to SAVEUR.COM/CS

Our online customer service area
is available 24 hours a day



SKUNA BAY

VANCOUVER ISLAND CRAFT RAISED SALMON



QUEEN OF HER CRAFT

CHEF SARAH SCHAFER

Irving Street Kitchen, Portland, Oregon

On April 30, 2014 at Churchill Downs in Louisville, Kentucky, Chef Sarah Schafer of Irving Street Kitchen in Portland, Oregon was declared the winning chef in the Second Annual Skuna Bay Kentucky Derby Chef Challenge, the last of 28 chefs standing after a tough competition.

The Craftsman Farmers salute you Chef.



SALMON OF CHOICE OF





On Hawai'i Island
INSPIRATION COMES WITH
A VARIETY OF OPTIONS

*Join us in a celebration of
Hawai'i Island's incredible diversity.*

Hawai'i Food & Wine Festival

August 29, 2014

The festival launches with Aloha 'Āina,
Aloha Kai – Love of the Land,
Love of the Sea on Hawai'i Island.
Tickets now on sale for a six-course gala
on the volcanic grounds of the
Waikoloa Beach Marriott Resort featuring
products grown on Hawai'i Island.
Waikoloa Beach Resort

Mealani Taste of The Hawaiian Range

September 26, 2014

This premiere ag-tourism event offers
delicious dishes using only locally
produced, grass-fed meats and produce.
Hilton Waikoloa Village

44th Annual Kona Coffee Cultural Festival

November 7-16, 2014

Celebrating its 44th year, this is
Hawai'i's oldest food festival; a 10-day
celebration of culture and harvest.
Kona

Taste of Hilo

October 19, 2014

This annual event features restaurants,
chefs, patisseries, candy makers, and
beverage distributors from Hawai'i Island
in a relaxed setting.
Hilo

Events are subject to change.

Visit gohawaii.com/hawaii-island/events.



First



Finding India

A long ago visit to the subcontinent leaves a lasting impression

I'm not going to lie. My first encounter with India was inauspicious. It was 1998, and after a month-long journey through Southeast Asia, I wound up in Chennai, a mega-city in the south Indian state of Tamil Nadu. Unprepared for its intensity, I found it cacophonous and chaotic. And while I'd long been enamored of Indian cuisine—my first bites courtesy of Madhur Jaffrey cookbook's *An Invitation to Indian Cooking* (Knopf, 1975), which I'd fallen in love with as a teenager—the foods I ate there felt texturally odd and alarmingly spicy.

Determined to give India another shot, I pulled out a map of the country, closed my eyes, and decided that wherever my finger landed, I would go. That place, it turned out, was the village of Gingee, 90 miles southwest of Chennai. As soon as I arrived, I realized I had found the India of my dreams. The people were jubilant and open-hearted. The

foods—bold lentil stews spiked with fresh curry leaves, stir-fried greens that tasted of the garden—were vibrant and unforgettable. I found a small room to rent, and gradually India got under my skin.

When I returned to New York, I was determined to replicate the astonishing foods I'd eaten at home. I spent weekends scouring Indian markets in Queens for ingredients, learning how to turn them into exciting, authentic dishes. My hope is that this issue, devoted entirely to India, will encourage you to do the same. In putting it together, with the guidance of Madhur (a *SAVEUR* contributing editor), *SAVEUR*'s editors, writers, and photographers undertook an extraordinary journey, from tropical Kerala, where spicy fish and coconut curries prevail, to northeast India, where tribal cooks create flavorful stir-fries and pork dishes. In these pages, you'll find the stories, the know-how and, most important, the inspiration to prepare some of the finest foods you, too, will ever eat.
—JAMES OSELAND, *Editor-in-Chief*

Contributing editor Madhur Jaffrey reporting in Andhra Pradesh (see page 64).



On the Web We found so much more in India than we could ever possibly fit in one issue—so many more cooks, kitchens, and fascinating places, so much more incomparable food. Find it all online at SAVEUR.COM/INDIA.

FROM TOP: PENNY DE LOS SANTOS; JAMES ROPER

WorldMags.net



KAUAI

O'AHU

MOLOKAI

LĀNA'I

MAUI

Living in the moment *on the Island of HAWAII*



Snorkel in
KEONE'ELE COVE



Pu'uhonua
O HŌNAUNAU



Explore
PUNALU'U BEACH



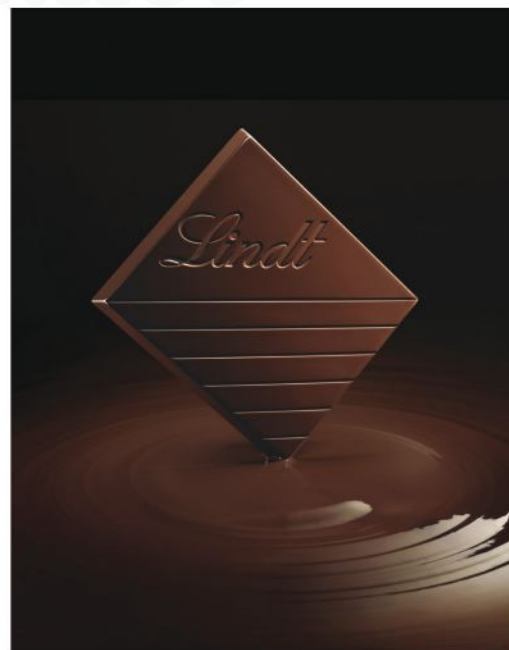
Petroglyphs
ON LAVA ROCK



Nēnē (Hawaiian Goose) at
HALEMA'UMA'U CRATER

THE ADVENTURE CONTINUES AT gohawaii.com/HawaiiIsland

The
HAWAIIAN
ISLANDS



CHOCOLATE BEYOND COMPARE

The Master Chocolatiers at Lindt have perfected the art of creating the finest chocolate, which requires great skill and passion. For more than 165 years they have been developing innovative chocolate recipes with meticulous craftsmanship, resulting in superior tasting premium chocolate. This devotion led to the ultimate intense dark chocolate experience when they created Lindt Excellence.

You don't have to be a professional to appreciate the subtleties of expertly crafted premium chocolate. Much like fine wine, chocolate is best experienced with all of your senses. Learn the art of tasting chocolate through a process the Master Chocolatiers at Lindt call "The Five Senses Chocolate Tasting" and then share this ultimate chocolate pleasure experience with your friends and family.



5 SENSES TASTING PROCESS

SIGHT

Examine the chocolate's color.
Note the silky-matte sheen
and even texture.

TOUCH

Feel the silky-smooth surface
of the chocolate—premium chocolate
is never rough or grainy.

SOUND

Hear the crisp, loud snap as
you break the bar. A distinct
snap and clean break are signs
of premium chocolate.

SCENT

Breathe in the rich fragrances and
intense aromas of the chocolate.
You may detect scents of vanilla, fruit,
or honey—to name just a few.

TASTE

Allow the square to melt on
your tongue and experience
the intense chocolate flavor that
engages your senses.

For recipes, information, and pairing suggestions, visit Lindt.com

WorldMags.net

Lindt

MASTER SWISS CHOCOLATIER
SINCE 1845



MASTERING THE ART OF REFINEMENT

EXCELLENCE

Pure, rich, intense.

When you savor the taste of EXCELLENCE, the thin, refined dark chocolate melts evenly to reveal complex layers of flavor, engaging all of your senses.

Expertly crafted with the finest ingredients by the Master Chocolatiers at Lindt.

Learn more at LINDT.COM



Lindt



CHOCOLATE
BEYOND COMPARE

WorldMags.net

India

EAST

The School of Small Bites 22
Required Eating 24
Lovely Lassis 24
Holy Cow 26
Preserving Culture 28
Heavenly Meal 31
Sweet Country 32

WEST

Fragrant City 42
Lunch and a Movie 44
Supporting Cast 44
Plains Food 47
The Bread of Life 47
Persian Roots 48
Feeding Mumbai 50
Good and Plenty 51
Christmas on the Coast 52
Fired Up 58

SOUTH

Market Shares 62
Southern Comfort 63
Heart of the South 64
Cooking Cousins 66
The Last Tappers 68
King of Fruits 68
The Love of Tea 70
The Year's Sweetest Taste 73

NORTH

Amid the Flock 78
Kitchen Assistants 79
Perfect Union 80
Just Before Dawn 82
Soul of the Palace 84
Good Karma 86

NORTHEAST

Eating in Tea Country 91
Joining the Tribe 92
Passage to India 93



net

INDIA, HOME TO TOWERING snow-covered ranges in the north, deserts in its center, and a network of tropical waterways lacing through the south, is the birthplace of dozens of cuisines. India's food reflects its geographical variation—the north eats wheat, the south consumes rice, and the coasts thrive on coconut milk and fish—as well as its religious diversity. Muslims may eat beef, but most Hindus would never kill a cow; Parsis, heirs to a Persian ancestry, pair meats with sweet, dried fruits, while the Assamese, descended from Tibetans and Burmese, favor pungent, fermented flavors.

Everywhere in India, however, there is one common element: the masterful use of spices. Indians know when to cook spices whole, flash-frying them in blistering oil to release caramelized aromas. They know when to roast spices to bring out secondary flavors, and they know when to grind them to unleash their potency.

It's an approach that has been honed over thousands of years. Time for recipes to mature and ripen. Time for agriculture to be fashioned to each region's palate. Time to take history in stride and, as each new invading power came through, whether it was the Greeks, Arabs, or British, to lower the head and let the bloody winds of war pass. India took from the foreigners what suited her—sealed-pot *dum* baking from the Mughals, chiles and potatoes from the Portuguese—and used them in the service of her own tastes.

I was lucky enough to have been born into an ancient family of scribes in Delhi who were also great lovers of drinking and eating. For the past 40 years I have traveled throughout the country, wanting to know and taste every part of it. I have only scratched the surface. Each time I return, searching for new recipes, new stories, I go with a begging bowl. I have never been left hungry. —Madhur Jaffrey, *SAVEUR* contributing editor

In the Thar Desert in the western state of Gujarat, a woman belonging to the Meghwal tribe sets out a meal for visitors. See story, page 47.

JAMES ROPER

East



THE EASTERN Indian states of West Bengal, Odisha, Bihar, Jharkhand, and Chhattisgarh are home to fruitful plains riddled with waterways and lakes. After monsoon season, fields are blanketed with mustard flowers, whose seeds are crushed to yield pungent cooking oil; gardens burst with vegetables of all kinds. Where the Ganges flows into the Bay of Bengal, it fans out into the world's largest delta. There, freshwater fish and rice are at the foundation of the cuisine, while farther south, hundreds of miles of coastline yield shrimp and other seafood. More than anything, though, eastern India is renowned for its sweets. The date palms that thrive in the tropical climate provide a delicate sugar called *nolen gur* that's used to create the many milk-based desserts that are the pride of the region.

In Megha, a village in the southeastern part of Odisha state, a farmer harvests green eggplant.

JAMES ROPER



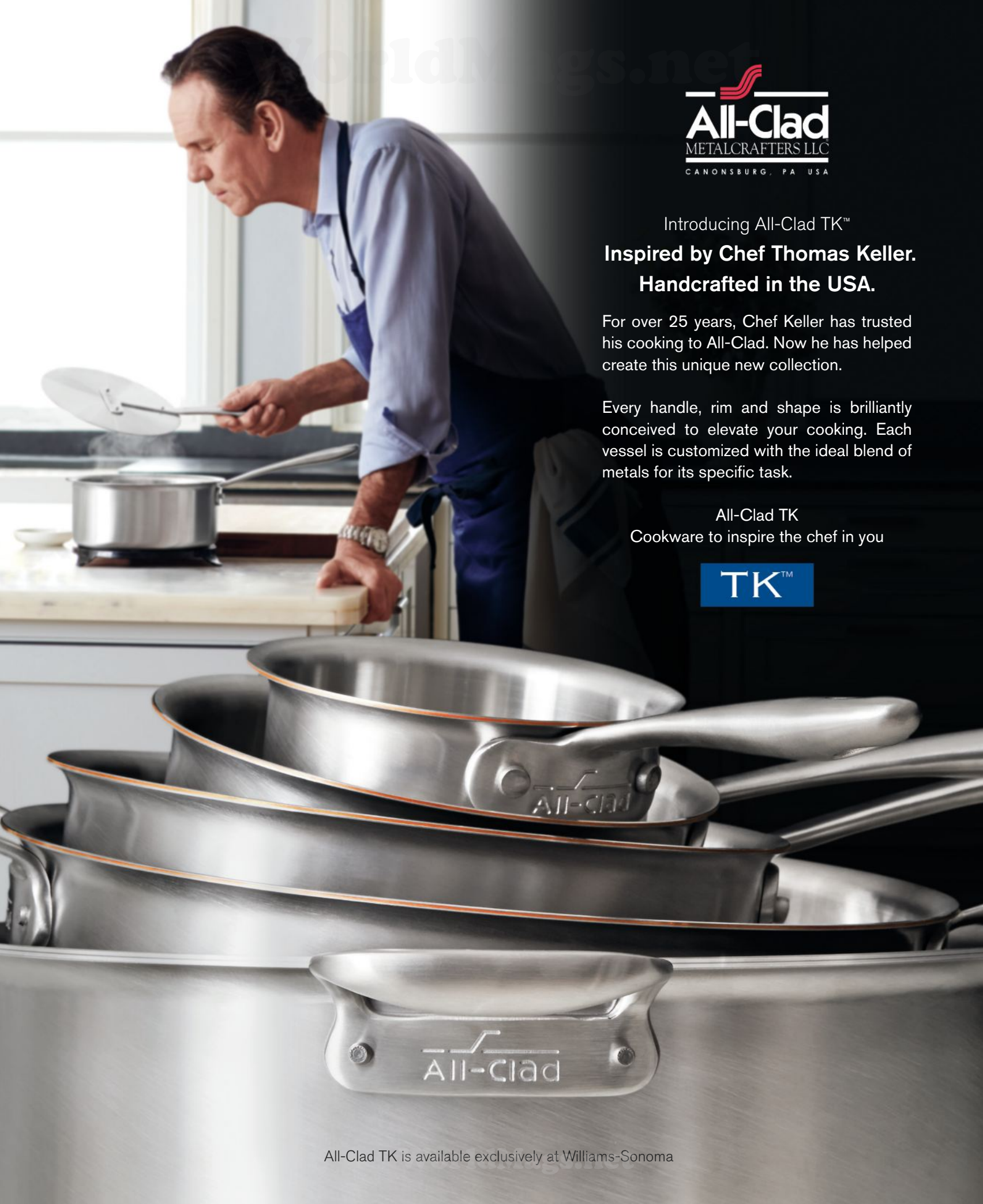


Introducing All-Clad TK™
**Inspired by Chef Thomas Keller.
Handcrafted in the USA.**

For over 25 years, Chef Keller has trusted his cooking to All-Clad. Now he has helped create this unique new collection.

Every handle, rim and shape is brilliantly conceived to elevate your cooking. Each vessel is customized with the ideal blend of metals for its specific task.

All-Clad TK
Cookware to inspire the chef in you



All-Clad TK is available exclusively at Williams-Sonoma

The School of Small Bites

WHEREVER MY 80-year-old father, Amartya Sen, travels in India, a scrum of students encircle him, eager to shake his hand. As popular as a Bollywood star or pop singer, he came to his fame through his work as an economist: He was awarded the Nobel Prize in 1998. But he was not always a dutiful student, he told me when I joined him on a recent visit to his alma mater, Presidency College, in Calcutta. In fact, he spent most of his college years playing hooky at a café across the street.

My father started his studies back in 1951, four years after India won its sovereignty. He was on his way to register for classes when a friend, Sukhamoy Chakravarty, stopped him.

"Forget that," Chakravarty said. "I'm taking you to the Indian Coffee House."

The two crossed College Street, climbed a dingy staircase, and entered a broad, smoky hall where waiters carried coffee cups and vegetable fritters paired with tangy chutneys on

Clockwise from top left: samosas (see page 36 for recipe), potato and onion pakoras, mashed potato and chile kachori, and fried, chickpea-battered potatoes, accompanied by a cilantro-mango chutney and a tamarind chutney (see page 36 for recipe).

JAMES ROBERT



BASMATI

AUTHENTIC AROMAS OF INDIA
UNLIMITED POSSIBILITIES
IN YOUR KITCHEN



Royal® Basmati Rice is the
#1 best-selling brand in the country.

Why? It's harvested in the foothills of the Himalayas. It carries the authentic flavor and aroma of the region that just can't be replicated. It goes through a 12-month natural aging process that makes each grain longer, fluffier and non-sticky. But of all the reasons, we think it's because our Basmati is one of the most delicious and versatile ingredients on Earth. It's the culinary secret to unlimited possibilities in your kitchen.

With Royal® Basmati Rice, quality is ingrained.

www.ltfoodsamericas.com



For a full list of Non-GMO Verified products, please contact customer information: 1-800-550-RICE





steel trays. The bubbling stream of conversation was so loud that one had to shout to be heard.

India is mostly a tea-drinking country; the Coffee House, now a worker's cooperative, was established in the early 1940s by the coffee industry to promote this alternative brew. Countercultural from its founding, it became a temple to the Bengali concept of *adda*—chatting sessions that swoop from poetry to politics, grand theories to local gossip. Over potato-filled samosas and strong coffee, my father discovered a world where books were handed around like priceless treasures, where the writings of American economist Kenneth Arrow and Marxist historian Eric Hobsbawm were as eagerly parsed as romantic exploits. By his final year, my father had skipped so many classes to go to the Coffee House

From top: India Coffee House; *maacher jhol*, Bengali fish stew (see page 36 for recipe).

that sitting for his qualifying exam required some negotiation.

For my father and his classmates, this *adda* nurtured revolutionary ideas that went on to define the subcontinent over the next half century. The filmmaker Satyajit Ray and the singer Manna Dey were denizens of the Coffee House, too, and Chakravarty, the boy who first brought my father there, later helped design India's Five-Year Plan economy.

Sixty-three years after his first coffee with Chakravarty, my father and I strolled across College Street, climbed the stairs, and settled in at a table. As a waiter brought over a tray of milky coffee and sandwiches, police guards held a crowd angling for cell-phone photos of my father at bay. But within a few minutes, the hubbub outdoors was drowned out by the familiar din of *adda*. —Indrani Sen, freelance writer

REQUIRED EATING

"I don't like fish," my grandmother would say, reaching for a fillet in tangy broth. Her insistence on eating a disliked food reflected her Bengali identity, for no Bengali meal is complete without *maacher jhol*,



(see page 36 for recipe), rohu or another local river fish simmered in mustard oil-scented curry. To eat the oily flesh, you must first discard every tiny bit of the skeleton. "Why eat it if you don't like it?" we'd squeal. "Don't talk," she'd chide. "Just look for the bones." —I.S.

Lovely Lassis

Traveling in India as spring was lapsing into torpid summer, I was grateful to find creamy chilled *lassis* everywhere to sip in the heat. On city streets and in village shops, in homes palatial and humble, people rolled the wooden handles of star-shaped churners between their palms, frothing glasses of milk- or water-thinned yogurt to mix with flavorings for the cooling drink. At a canteen in Delhi, I indulged in a sugary *lassi* that was milkshake-thick with mango purée and a thinner one drizzled with Rooh Afza, a scarlet syrup fragrant with rose and screw pine. In Lucknow, a savory version was briny with black salt and pungent with cumin. And in the Himalayan foothills, mulberries were blended into a sweet-tart elixir topped with a

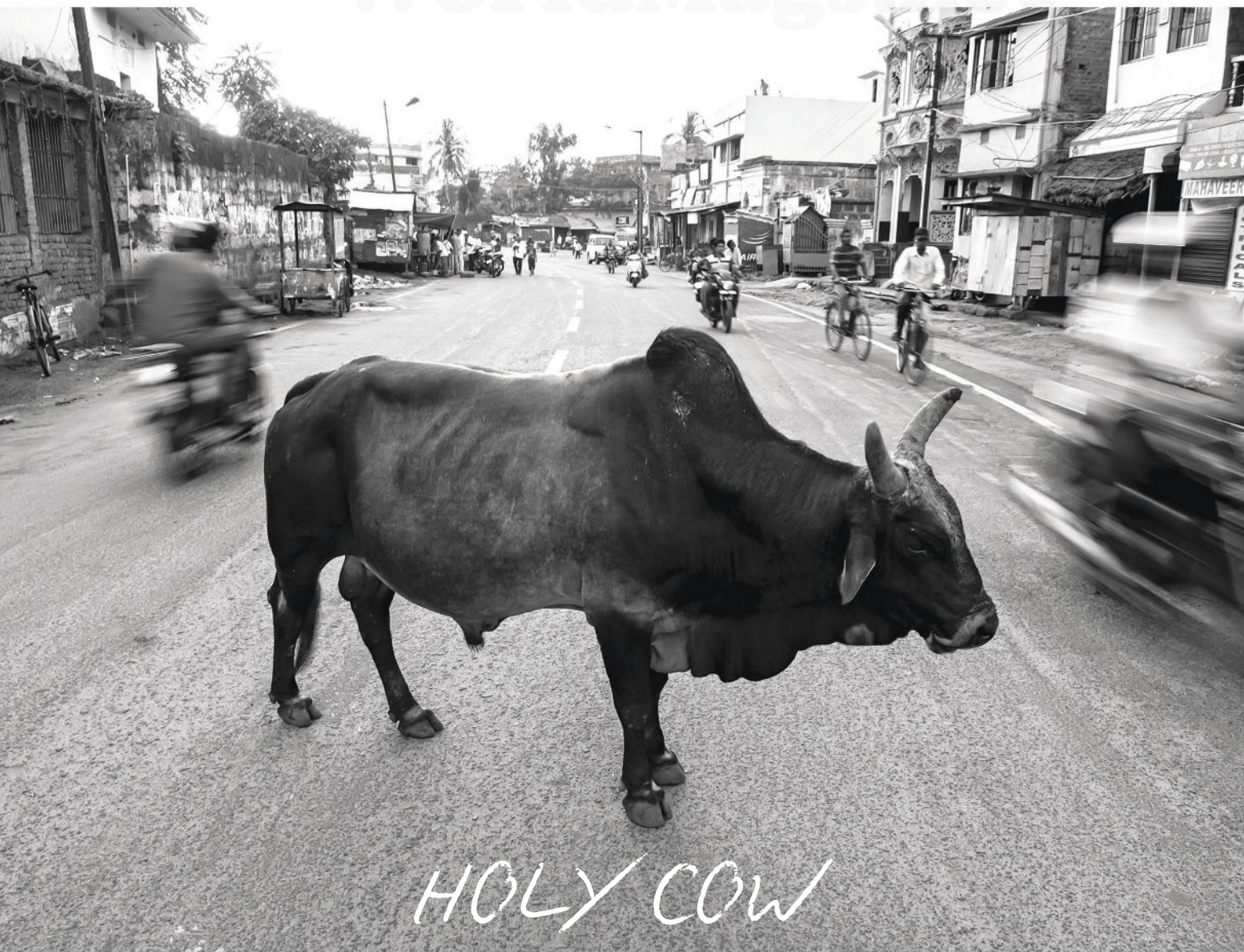
layer of cream. Indeed, *lassis* are as varied as India's geography. In Punjab, crushed pistachios and dried fruit might be added as garnish, while in the south, a mix of ginger, mustard seeds, curry leaves, and cilantro seasons the drink. Delicious. But none of them matches the one

found at Lingaraj Lassi in Bhubaneswar, Odisha. Here, the *lassi* is made solely with milk, heated ever so slowly so that its sugars caramelize, its flavor deepens, and its complexion turns the color of honey. Topped with chopped cashews, it is a *lassi* of which legends are made.

—Betsy Andrews



At Lingaraj Lassi, a shop in Bhubaneswar, Odisha, a vendor pours caramel lassi (see page 35 for recipe).



HOLY COW

Cows in India live pampered lives. They idle in grassy fields and amble across urban roadways without a care. Their quality of life is a product of their sacredness. For at least three millennia, Hindus, around 80 percent of the Indian population, have revered the cow, associating the animal with Lord Krishna, who is often depicted as a cowherd. The esteem cows garner stems in large part from the vital role that milk plays in Indian cuisine. The milk of the water buffalo and that of the zebu cow, a humped breed native to South Asia, is soured to make yogurt, churned for ghee, and curdled to make the fresh cheese called paneer. Milk curds and boiled milk are also the base for a universe of sweet confections, including sevaya kheer, a soupy vermicelli pudding garnished with pistachios and sweetened with jaggery (see page 36 for recipe). Cattle are essential beyond dairy, too. They pull plows, turn waterwheels for mills, and supply the dung that fuels village kitchens. While Indian Muslims do eat beef, strict Hindus would never harm their most hallowed of creatures. -Laura Grahame

It's always the quiet ones that surprise you.



Beneath the sculpted lines of the all-new 2015 Legacy[®] lies the best-kept secret in the business. Subaru Symmetrical All-Wheel Drive and an astonishing 36 mpg: Combine that capability with one of the most spacious interiors in its class, and you've got something you won't find in other sedans. **Love. It's what makes a Subaru, a Subaru.**



Legacy. It's not just a sedan. It's a Subaru. Well-equipped at \$21,695[†]

Subaru and Legacy are registered trademarks. *EPA-estimated hwy fuel economy for 2015 Subaru Legacy 2.5i models. Actual mileage may vary. †MSRP excludes destination and delivery charges, tax, title, and registration fees. Dealer sets actual price. 2015 Subaru Legacy 2.5i Limited pictured has an MSRP of \$28,990.

PRESERVING CULTURE

When I go home to India, I look forward to one thing in particular: my mother's homemade pickles. As is true of most great Indian cooks, her repertoire is seemingly endless. With yellow dal, she might serve a lime version, fantastically sour and peppery with green chiles and ginger. To slather on flaky paratha flatbreads, she could make a quick pickle of green mango simmered with cardamom and clove (see page 35 for recipe). And I always ask for her sun-cured green mango pickle; fragrant with curry leaves, it's delicious alongside her *appams*, crispy rice-flour crêpes. When she pickles, my mother is undertaking one of India's most ancient and universal methods of preservation. Everywhere, fruits and vegetables are salted, sun-cured, and then bottled in spice-infused oil, where their flavor intensifies, transforming into condiments that perk up meals. There is generally one fine cook, like my mom, who will pickle for her entire clan. But markets also offer a wide array—fig and date pickle (top row, far right), chile-spiked mixed vegetables (third row, second from right), spicy lemon pickle (second row, second from left; see page 36 for recipe), and more—displayed in big glass jars. As I see it, these pickles safeguard far more than just seasonal produce. They preserve our heritage. — *Smita Chandra, author of Cuisines of India (Ecco Press, 2001)*



JAMES ROPER

★ AMERICA'S ★ ORIGINAL CRAFT VODKA

Wine Enthusiast
RATINGS
SCORE OUT OF 100 POINTS

TITO'S HANDMADE VODKA USA 95 PTS	Ketel One® HOLLAND	89 PTS
	Grey Goose® FRANCE	84 PTS
	Belvedere® POLAND	84 PTS
	Absolut® SWEDEN	84 PTS



My American Handmade Vodka beats the giant
"Imports" every day. That's because I distill it
six times in old-fashioned pot stills I built myself
and taste test every batch to make sure you get
only the best. Try American!

Tito

**Unanimous Double
Gold Winner!!!**
World Spirits Competition

**"America's first craft
sippin' vodka"**
Wall Street Journal

★★★★★
Spirit Journal

**"Smooth, I mean
really smooth!"**
CNN



★ **TitosVodka.com** ★
Handcrafted to be savored responsibly.





A basket of produce in Bhubaneswar, Odisha, is a colorful testament to the abundance of eastern India.



HEAVENLY MEAL

The Hindu deity Lord Jagannath, creator of the universe, is worshipped all over India, but with particular intensity in Puri, Odisha, where Jagannath Temple is located. On the day of my visit there, late one hot, spring morning, Brahmin priests gathered in the temple kitchen to oversee the preparation of steamed white rice and *dalma*, a common Odisha-style stew of lentils bolstered with the ingredients fundamental to the cooking of the region. The dish is offered to Jagannath and then distributed among visitors to the temple as *prasad*. For worshippers, the meal is a means of bringing the divinity of the temple into themselves, the act of eating a form of prayer. As devotees received their meal, I, too, was handed a platter of food. The lentil *dalma* (see page 35 for recipe) was fragrant with coconut and enriched with silky, thinly sliced cooked onions and long-simmered sweet potatoes that fell apart at the touch of my spoon. Enraptured, I ate every blessed drop. —James Oseland



Sweets maker Pintu Roy pulls his cart through the village of Santiniketan in West Bengal.

SWEET COUNTRY

I sit on my bike near my family's home in the Bengal village of Santiniketan. I am waiting for the *mishti* wallah, the sweets vendor Pintu Roy, who pedals a bicycle with a glass-encased dessert cart, housewives running to greet him. Bengal, renowned for its date-palm sugar, is obsessed with *mishti*—particularly milk-based ones, eaten after meals or scooped up with a chapati for breakfast. I picture Pintu's wares: fudgy *shondesh*, cottage-cheese bonbons; *kalojam*, fried milk curd dunked in syrup; silky *malai cham cham*, curd logs bathed in cream. Finally, I hear the honk of an old-timey horn. I ride manically to catch him. He doesn't need to ask what I want. He wraps a dozen *pan-tua*, cottage-cheese fritters soaked in syrup, in newspaper for me. Then he hands me a sample. I devour it, syrup dripping down my fingers, as he slowly pedals away. —I.S.

TRAVEL GUIDE EAST INDIA

BHUBANESHWAR

STAY at the five-star Trident Hotel (tridenthotels.com).

EAT homestyle Odisha dishes like *kankada tarkari*, whole crabs in ginger-garlic curry, at Dalma (dalmahotels.in), and sample the *lassis* at Lingaraj Lassi (near Saheed Nagar Mandap). **EXPLORE** the 12th-century Jagannath Temple, where



The Jagannath Temple in Puri, Odisha.

Hindu worshippers partake of *prasad*, food offerings, in the afternoon. **SHOP** for Indian pickles at Cap-

ital Market, the main bazaar, or drive two hours south to the City Market Area of Brahmapur to shop for the city's famed *achar* pickles.

CALCUTTA

STAY at the Taj Bengal (tajhotels.com).

EAT the east coast's renowned fish dishes, including *maacher jhol*, Bengali fish stew, at 6 Ballygunge Place

(savourites.in/flagship.asp). **EXPLORE** stunning architecture at the Ramakrishna Movement's Belur Math Shrine (belurmath.org). **SHOP** at the New Market on Lindsay Street, a 19th-century structure abuzz with cloth vendors, cheese shops, and restaurants. See itineraries and more at SAVEUR.COM/INDIA.

MISHTI MECCA

Home to hundreds of sweets shops, Calcutta is one of the best places to taste India's sugary snacks. **GIRISH CHANDRA DEY & NAKUR CHANDRA NANDY** (girishnakur.com), open since 1844, is known for *jolbhora shondesh*, paneer confections with gooey palm-sugar centers. Try *cham cham*—milk curd, heavy cream, and saffron dumplings—at the 150-year-old **BALARAM MULLICK & RADHARAMAN MULLICK** (balarammullick.com). At **CHITTARANJAN MISTANNA BHANDAR** (rasogolla.com), sixth-generation confectioners make *rasogollas*, spongy cottage cheese and semolina balls in syrup. —Sunita Singh, Kensington Tours

Horse camp,
hockey camp,
space camp.
How are you
going to keep
all your campers
happy?

It's easy to get caught up in the day to day. But when milestones like sending your kids to college come around, we can help make sure you're ready. When you enter into a Premier relationship with HSBC, your Relationship Manager will take the time to really understand your financial situation and provide preferred access to the best of what HSBC Premier offers. Let us look at the big picture. So you can concentrate on today. We focus on the most important economy in the world. Yours. Learn more at us.hsbc.com/premier or call 866-375-6657.



HSBC 
Premier

To qualify for an HSBC Premier relationship, you need to open an HSBC Premier checking account and maintain \$100,000 in combined U.S. personal deposit and investment balances. Business owners may use their commercial balances to qualify for a personal HSBC Premier relationship. A monthly maintenance fee of \$50 will be incurred if minimum balance requirements are not maintained.

Deposit products are offered in the U.S. by HSBC Bank USA, N.A. Member FDIC.

Investments are offered by HSBC Securities (USA) Inc. (HSI), member NYSE/FINRA/SIPC. HSI is an affiliate of HSBC Bank USA, N.A.

Investment Products: Are not a bank deposit or obligation of the bank or any of its affiliates • Are not FDIC insured • Are not insured by any federal government agency • Are not guaranteed by the bank or any of its affiliates • May lose value



Ghanta tarkari, mixed vegetable coconut curry (see page 35 for recipe).



Chingudi chhecha, Odisha-style shrimp curry (see page 35 for recipe).



Aamba khatta, sweet and sour mango pickle (see page 35 for recipe).



Sevaya kheer, vermicelli milk pudding (see page 36 for recipe).

CLOCKWISE FROM BOTTOM LEFT: JAMES ROPER (3); INGALLS PHOTOGRAPHY; FACING PAGE: INGALLS PHOTOGRAPHY

★ Aamba Khatta

(Sweet and Sour Mango Pickle)

MAKES 3 CUPS

To make this tangy, spicy condiment (pictured on page 34), use firm, unripe mangoes.

- 1/4 cup canola oil
- 2 tsp. black mustard seeds
- 1 1/2 tsp. green cardamom pods
- 1/2 tsp. whole cloves
- 12 fresh or frozen curry leaves
- 5 chiles de árbol, stemmed
- 1 stick cinnamon, halved
- 1 tsp. ground turmeric
- 1/2 tsp. red chile powder, such as cayenne
- 2 green, unripe mangoes, unpeeled, pitted, quartered, and sliced 1" thick
- 1/2 cup sugar
- 1 tbsp. kosher salt

Heat oil in a 4-qt. saucepan over medium-high. Cook mustard seeds, cardamom, cloves, curry leaves, chiles, and cinnamon until seeds pop, 1–2 minutes. Add turmeric, chile powder, and mangoes; cook until mangoes are tender, 8–10 minutes. Add sugar, salt, and 1 1/4 cups water; simmer until sugar is dissolved, 2–3 minutes, and let cool.

Caramel Lassi

SERVES 4–6

The honeyed taste and caramel hue of this drink (pictured on page 25) come from the lactose in the milk, which caramelizes as the milk reduces, deepening and intensifying it in color and flavor. To make it, boil 8 cups whole milk in a 6-qt. saucepan. Reduce heat to medium-high; cook, stirring occasionally, until reduced by two-thirds, 40–45 minutes. Stir in 1/4 cup sugar; cook until sugar is dissolved, 2–3 minutes. Let cool; pour into glasses. Garnish with chopped cashews, golden raisins, and pomegranate seeds.

Chingudi Chhecha

(Odisha-Style Shrimp Curry)

SERVES 4–6

Sweet shrimp are fried with fragrant spices and aromatics, then ground to create this toothsome dish (pictured on page 34).

- 1/2 cup mustard or canola oil
- 2 tbsp. black mustard seeds
- 2 tsp. cumin seeds
- 15 fresh or frozen curry leaves
- 5 chiles de árbol, stemmed
- 15 cloves garlic, thinly sliced
- 1 small red onion, sliced
- 2 lb. medium shrimp, peeled and deveined, tails off
- 1 tsp. ground turmeric
- 3 small green Thai chiles or 1 1/2 serranos, minced
- Kosher salt, to taste
- 1/3 cup packed cilantro leaves

Heat oil in a 12" skillet over medium-high. Cook mustard and cumin seeds, curry leaves, and chiles de árbol until seeds pop, 1–2 minutes. Add garlic and onion; cook until golden, 6–8 minutes. Add shrimp, turmeric, chiles, and salt; cook until shrimp are pink, 3–4 minutes. Transfer to a food processor; add half the cilantro and pulse until coarsely ground. Transfer to a bowl; stir in remaining cilantro.

★ Dalma

(Lentil Stew with Coconut)

SERVES 4–6

This lentil stew (pictured on page 31), full of vegetables and coconut, is an everyday staple on Odisha's tables.

- 1 cup toor dal (yellow pigeon peas), rinsed, soaked 30 minutes, and drained
- 1 tsp. ground turmeric
- 1 carrot, cut into 1" pieces
- 1 plum tomato, minced
- 1 small Japanese eggplant, peeled and cut into 1" pieces
- 1 small sweet potato, peeled and cut into 1" pieces
- 1 small Yukon Gold potato, peeled and cut into 1" pieces
- 1 2 1/2" piece ginger, peeled and mashed into a paste
- 1/2 small daikon radish, peeled and cut into 1" pieces
- Kosher salt, to taste
- 1 cup fresh or frozen grated coconut
- 3 tbsp. sugar
- 1 tsp. asafoetida
- 1 drumstick, trimmed and cut into 2" pieces
- 1/4 cup ghee
- 1 1/2 tsp. cumin seeds
- 1 small green Thai chile or 1/2 serrano, halved

Bring dal and 8 cups water to a boil in a 6-qt. saucepan. Reduce heat to medium; stir in turmeric, carrot, tomato, eggplant, potatoes, ginger, daikon, and salt; cook until dal is mushy, about 45 minutes. Stir in coconut, sugar, asafoetida, and drumstick; cook until drumstick is tender, 20–25 minutes. Melt ghee in an 8" skillet over medium-high; cook cumin seeds and chile until seeds pop, 1–2 minutes; stir into stew.

Garam Masala

MAKES 1/2 CUP

This raw, ground spice mix from cookbook author Madhur Jaffrey lends potency to stews and curries. To make it, combine 1/4 cup cardamom seeds, 1 1/2 tsp. each black cumin seeds, whole black peppercorns, and whole cloves, plus 4 sticks cinnamon and 1 whole nutmeg, cracked into pieces, in a spice grinder. Grind into a powder. Store in an airtight container up to 3 months.

Ghanta Tarkari

(Mixed Vegetable Coconut Curry)

SERVES 4–6

Coconut and sugar sweeten this ghee-enriched curry of squash, potatoes, and gourds (pictured on page 34) from West Bengal.

- 1/3 cup ghee
- 6 green cardamom pods
- 6 whole cloves
- 5 small green Thai chiles or 2 serranos, halved
- 2 Indian or regular bay leaves
- 1 stick cinnamon, halved
- 1 lb. kabocha or butternut squash, peeled, seeded, and cut into 1" pieces
- 1 lb. Yukon Gold potatoes, peeled and cut into 1" pieces
- 6 potol (pointed gourds) or 2 medium zucchini, peeled and cut into 1" pieces
- 1 loofah (ridge gourd) or 1 large cucumber, peeled and cut into 1" pieces
- Kosher salt, to taste

Valley of the Dals

The word *dal* refers to both a spiced lentil-based stew and an array of dried, split, hulled beans and legumes. There are dozens of types of dal, each of which is prized for particular preparations. **Chana dal**, mild-tasting yellow split peas, add body to dishes such as *shami* kebabs, stuffed ground beef patties (see page 89 for recipe). They are also roasted to bring a savory crunch to *tarka*, fried spice blends, and used as a garnish for soups in the south. Red split lentils,

masoor dal, make a smooth, creamy base for such dishes as *malika masur dal*, red lentils with green mango (see SAVEUR.COM/INDIA). **Urad dal**, skinned split black

lentils, are mainly used in savory breads and crêpes. In south India, they're soaked, puréed, and fermented with chana dal and rice to make the batter for crispy *dosas* (see page 72 for recipe). Dark green split mung beans, **moong dal**, add depth and balance to *sakkari pongol*, sweet rice pudding (see page 74 for recipe). **Toor dal**, yellow pigeon peas, have an earthy intensity that holds up well in flavorful dishes such as *dalma*, lentil stew with coconut (see recipe at left) from India's eastern Odisha region. To purchase dals, visit kalustyans.com. —Judy Haubert

- 1/2 cup fresh or frozen grated coconut
- 1 tsp. sugar

Melt half the ghee in a 6-qt. saucepan over medium-high. Cook cardamom, cloves, chiles, bay leaves, and cinnamon 1–2 minutes. Add squash and potatoes; cook until golden, 8–10 minutes. Stir in gourds and salt; cook until just tender, 4–6 minutes. Reduce heat to medium; cook, covered, until vegetables are very tender, 12–15 minutes. Stir in remaining ghee, the coconut, and sugar; cook 2 minutes.

★ Maacher Jhol

(Bengali-Style Fish Stew)

SERVES 4

The sharp taste of mustard is at the heart and soul of this classic Bengali dish (pictured on page 24).

- 1 lb. boneless, skin-on catfish, trout, or salmon, cut into 2" pieces
- ¼ tsp. ground turmeric
- 1 ½ tsp. black mustard seeds
- 1 tsp. cumin seeds
- ⅓ cup mustard oil
- 2 tsp. panch phoran (Bengali five-spice powder)
- 2 small green Thai chiles or 1 serrano, halved
- 1 small red onion, minced
- 3 cloves garlic, mashed into a paste
- 1 2" piece ginger, peeled and mashed into a paste
- 2 plum tomatoes, chopped
- ⅓ cup packed cilantro leaves

Rub fish with turmeric and salt in a bowl. Heat a 6-qt. saucepan over medium-high; cook mustard and cumin seeds until they pop, 1–2 minutes. Grind in a spice grinder into a powder. Add oil to pan; heat over medium-high. Cook fish, flipping once, until skin is crisp, 4–5 minutes; transfer to a plate. Add five-spice powder and chiles; cook 1–2 minutes. Add onion; cook until slightly caramelized, 8–10 minutes. Add reserved spices, the garlic, ginger, and 1½ cups water; boil. Add tomatoes; cook until thickened, 8–10 minutes. Stir in fish and the cilantro.

Nimbu Ka Achar

(Spicy Lemon Pickle)

MAKES ABOUT 4 CUPS

A salt and spice cure transforms fresh citrus into tart, briny pickles (pictured on page 28).

- 10 small lemons, preferably Meyer, quartered, seeded, and sliced ¼" thick
- ¼ cup kosher salt
- 1 tsp. ground turmeric
- ½ cup canola oil
- ½ tsp. brown mustard seeds
- ½ tsp. cumin seeds

- ½ tsp. fenugreek seeds
- 12 small green Thai chiles or 6 serranos, halved
- 8 cloves garlic, thinly sliced
- 1 2" piece ginger, peeled and thinly sliced
- ½ cup white vinegar
- ¼ cup sugar
- 1 tbsp. red chile powder or cayenne

Rub lemons with salt and turmeric in a bowl; pack into a sterilized 1-qt. glass jar. Cover with lid; place near a window with direct, warm sunlight. Let sit 1 week; shake jar daily to disperse brine. After 1 week, heat oil in a 10" skillet over medium-high; cook mustard, cumin, and fenugreek seeds until they pop, 1–2 minutes. Add chiles, garlic, and ginger; cook until golden, 4–6 minutes. Stir in vinegar, sugar, and chile powder. Pour over lemons; reseal lid. Shake to combine; chill 1 week to infuse flavors. Keeps up to 1 year.

★ Samosas

(Fried Potato-Filled Pastries)

MAKES 24

The recipe for these iconic Indian snacks (pictured on page 22) comes from cookbook author Raghavan Iyer.

- 3 cups flour
- 8 tbsp. unsalted butter, cubed and chilled
- Kosher salt, to taste
- ¾ cup ice-cold water
- ½ lb. russet potatoes, peeled and roughly chopped
- 2 carrots, roughly chopped
- 2 tbsp. canola oil, plus more
- 1 tsp. cumin seeds
- 1 small yellow onion, minced
- 1 1" piece ginger, peeled and minced
- ¾ cup frozen peas, defrosted
- ¼ cup minced cilantro
- ¼ cup minced mint
- ½ tsp. garam masala (see page 35 for recipe)
- 2 small green Thai chiles or 1 serrano, minced
- Tamarind and coconut-cilantro chutneys, for serving (see recipes at right and on page 54; optional)

1 Make the dough: Pulse flour, butter, and salt in a food processor into pea-size crumbles. Add water; pulse until dough forms. Divide into 12 balls; chill 1 hour.

2 Make the filling: Boil potatoes and carrots in a 4-qt. saucepan of salted water until tender, 8–10 minutes. Drain; coarsely mash. Add 2 tbsp. oil to pan; heat over medium-high. Cook cumin seeds until they pop, 1–2 minutes. Add onion and ginger; cook until golden, 4–6 minutes. Let cool; stir into potato mixture with peas, cilantro, mint, garam masala, chiles, and salt.

3 Form and fry samosas: Working with 1 ball at a time, roll dough into a 6" round; cut in half. Gather straight edges of 1 half-round together, overlapping by ¼" to form a cone. Moisten seam with water; press to seal. Spoon 1 tbsp. filling into cone. Moisten edges of cone with water; pinch to seal. Heat 2" oil in a 6-qt. saucepan until a deep-fry thermometer reads 350°. Fry samosas until crisp, 8–10 minutes. Drain on paper towels; serve with chutneys if you like.

★ Sevaya Kheer

(Vermicelli Milk Pudding)

SERVES 4

Home cook Yamini Joshi gave us the recipe for this Punjabi dessert (pictured on page 34) made with cardamom-spiced milk and bolstered by toasted noodles, dried fruit, and nuts.

- 2 tbsp. ghee
- 3 oz. vermicelli pasta, broken into 1" pieces
- 5 cups whole milk
- ½ cup sugar
- ¼ cup pistachios, minced
- 3 tbsp. golden raisins
- 3 tbsp. sliced almonds
- ½ tsp. ground cardamom

Melt ghee in a 4-qt. saucepan over medium-high. Cook pasta until reddish-brown, 3–4 minutes. Add milk; boil. Reduce heat to medium; cook, stirring occasionally to prevent scorching, until thickened, 15–17 minutes.

Hands On When traveling in India, you're likely to find yourself sitting down to a meal without a piece of cutlery in sight. Our advice? Dig in. But follow these local rules of etiquette: Wash your hands before and after a meal, and use only your right hand for eating, as the left is reserved for hygiene purposes and considered unclean. —J.H.



1. For soupy curries or dals, mix them into rice to soak up excess liquid. Bring the tips of your middle and index fingers and the thumb of your right hand together, with fingers pointing down.



2. Use your fingers to scoop up a small portion of food. Pinch the food between your fingers and thumb, forming a loose ball. Devour. Repeat.

Stir in sugar, pistachios, raisins, almonds, and cardamom; cook 2–3 minutes. Serve warm.

Tamarind Chutney

MAKES 1½ CUPS

The recipe for this tangy dipping sauce (pictured on page 22) for samosas (see recipe at left) comes from cookbook author Smita Chandra. To make it, heat a 2-qt. saucepan over medium-high. Cook ½ tsp. ground cumin until fragrant, 1–2 minutes. Add 1 cup tamarind paste (see "Making Tamarind Paste," page 56), ¾ cup sugar, ½ tsp. each ground ginger, *kala namak* (black salt), and red chile powder, such as cayenne; cook until thickened, 12–15 minutes.

For hard-to-find ingredients, see PANTRY, page 94.

INTRODUCING
WorldMags.net



Wineheart

Vinoleche



Experience the love with Wineheart!



©/TM ©2014 Jenn-Air. All rights reserved.



Kitchen by award-winning designer Matthew Patrick Smyth. Design pieces from his personal collection.





WorldMags.net



WHAT WILL A **DETAIL** SPARK?

It could be anything. An idea. A feeling. A world of possibility. It's what you'll discover with the new Jenn-Air® gas cooktop. It offers powerful heat and refined control, with an 18,000 BTU burner that goes as low as 2,200 BTUs. And its simmer burner gives you an even more delicate flame. Sleekly redesigned, its details can take a kitchen—or an evening—somewhere entirely new.

Discover more at jennair.com



 **JENN-AIR®**

WorldMags.net





MASCARPONE

BelGioioso Mascarpone is made from the freshest cream and has a naturally sweet flavor with a smooth, spreadable texture.

Our Mascarpone has half the calories of butter, so use it every day. Spread it on breads and bagels with jam, stir it into pasta for a rich, creamy flavor, or serve it with fresh fruit.

Discover the amazing versatility of Mascarpone.
Discover BelGioioso.



BELGIOIOSO®
Quality Never Stops™

Recipes and more at belgioioso.com
rBST Free* | Gluten Free | Vegetarian

*No significant difference has been found in milk from cows treated with artificial hormones.



50 Ways
to leave your
Butter™



Discover 50 ways to use
Mascarpone beyond Tiramisù

WorldMags.net

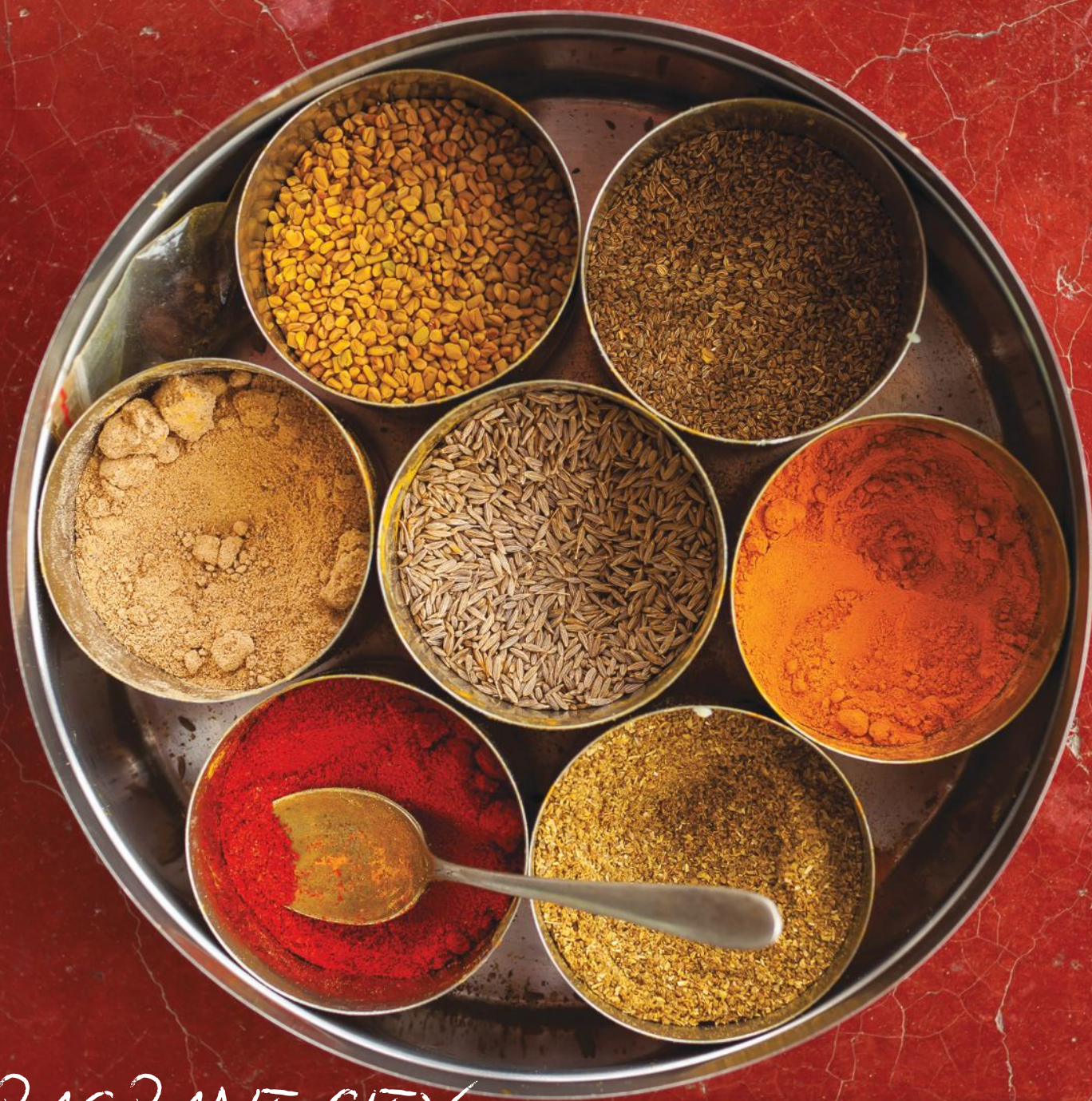
West



A tantalizing Mumbai chaat: potatoes and chickpeas with tamarind sauce and sev, chickpea noodles (see page 54 for recipe).

FROM BARREN SWATHS of desert to a verdant coast, west India is a tale of opposites. In the state of Gujarat, known as the Jewel of the West, it is the *thali*—a meal of various dishes composed in a compartmentalized tray—that holds iconic status. Far from the capital of Ahmedabad, resourceful Gujarati villagers in the Raan of Kutch's dry plains bulk up simple meals with dairy, wheat, and corn. Farther south, lush Maharashtra and Goa abound with fresh seafood and produce all year round, and coconut-enriched sauces are adored. Dynamic Mumbai, Maharashtra's capital, is the world's second most populous city; its urban cacophony is reflected in an eclectic assemblage of regional foods from all over India and a bustling culture of street snacks, hawked at ubiquitous *chaat* stands.

JAMES ROPER



FRAGRANT CITY

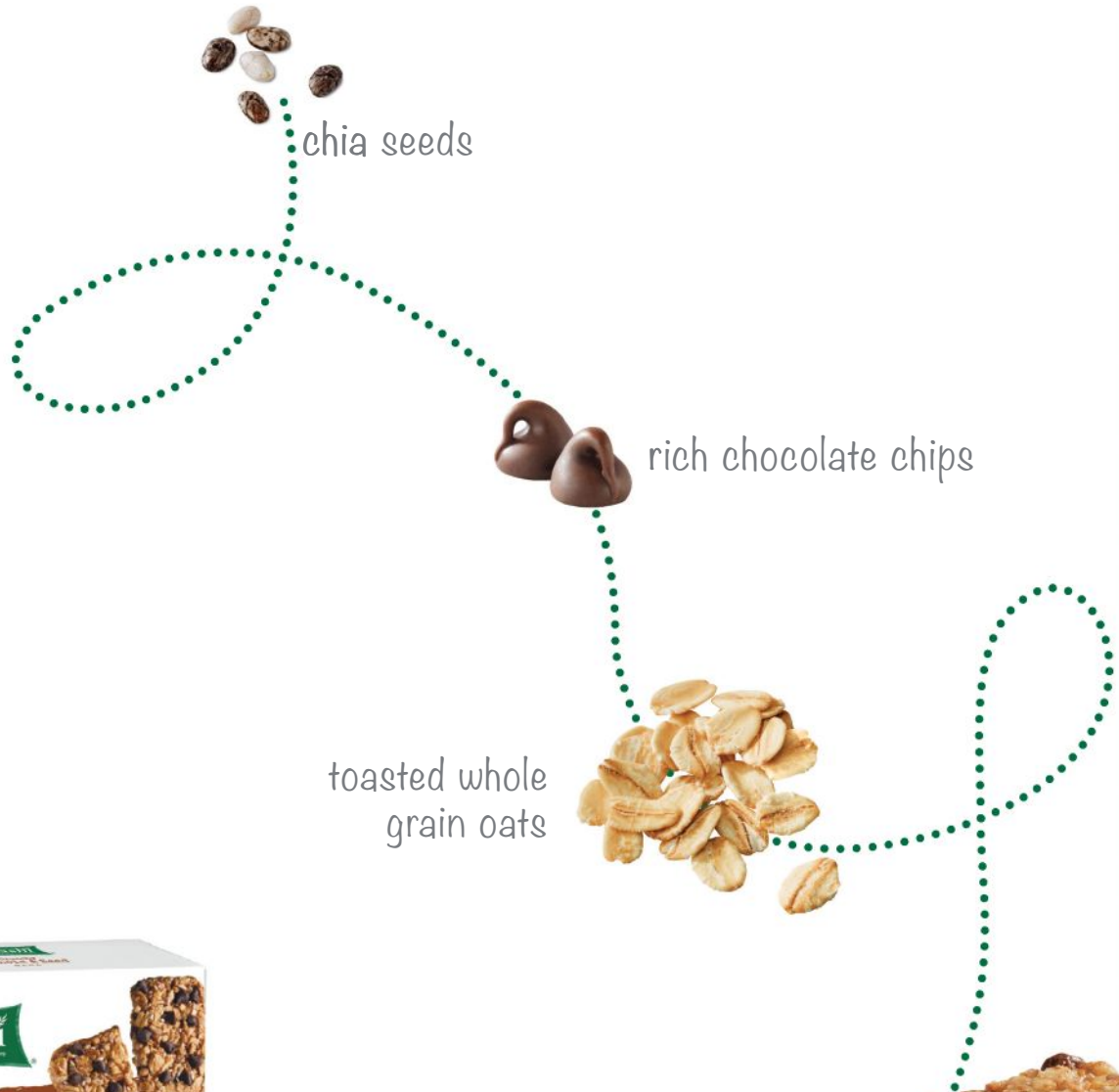
Mumbai is a city of cramped apartment blocks and slums. Among its nearly 20 million people, space is so scarce and expensive that everyone lives huddled together, inevitably sharing some of the sights, sounds, and, yes, smells of their lives. This isn't all bad, especially when it comes to the aromas that drift from the kitchens each day. You just need to stick your nose out to determine what neighbors are making. Pressure cookers, found in most Indian kitchens, are efficient aroma diffusers—when steam shoots out of the valve, everyone in the vicinity knows what's for lunch. These smells are as varied as Mumbai, which, as the country's financial capital, draws people from across India. Mustard seeds and green chiles frying in sesame oil are the perfume of the south Indians; cumin in hot ghee is the rich smell of the Gujarati population. A sulfurous aroma can only be the pure asafoetida that Sindhis use, while that distinctive waft of warm, woody herbaceousness is surely bottle masala, a mix of more than 20 spices concocted by East Indian Christians. Large quantities of onions frying hint at a Muslim biryani. And that earthy, intense aroma is unmistakably the Bengali panch phoron, a whole spice mix dominated by fennel and fenugreek. Mostly these scents, like their own-

ers, peacefully coexist, but there can be clashes. Due to the high number of Jains, members of a religion that prescribes strict vegetarianism, the city has many non-meat-eaters, and they can be forthright in their disdain of meat-cooking neighbors. "We can't stand the smell," is their refrain, and they have made apartment blocks, even some neighborhoods, almost meat free. This is also a coastal city, and a passion for seafood is ingrained. Still, when the fishing community, which resides in the heart of Mumbai, lays out shrimp and small fish to dry on the shore, it faces protests from the residents of much-prized sea-facing flats. The smell can, indeed, be overwhelming; the British, in their time, tried to stop it and failed. But chances are those rich homeowners will have to get used to this essential Mumbai sensory experience, just as everyone else who settles here learns to live with, and even value, the scents of the city. —Vikram Doctor, an editor at The Economic Times

A dabba, or spice container, holds (clockwise from top left) fenugreek, coriander seeds, turmeric powder, coriander powder, red chili powder, dried green mango powder, and cumin seeds (center).

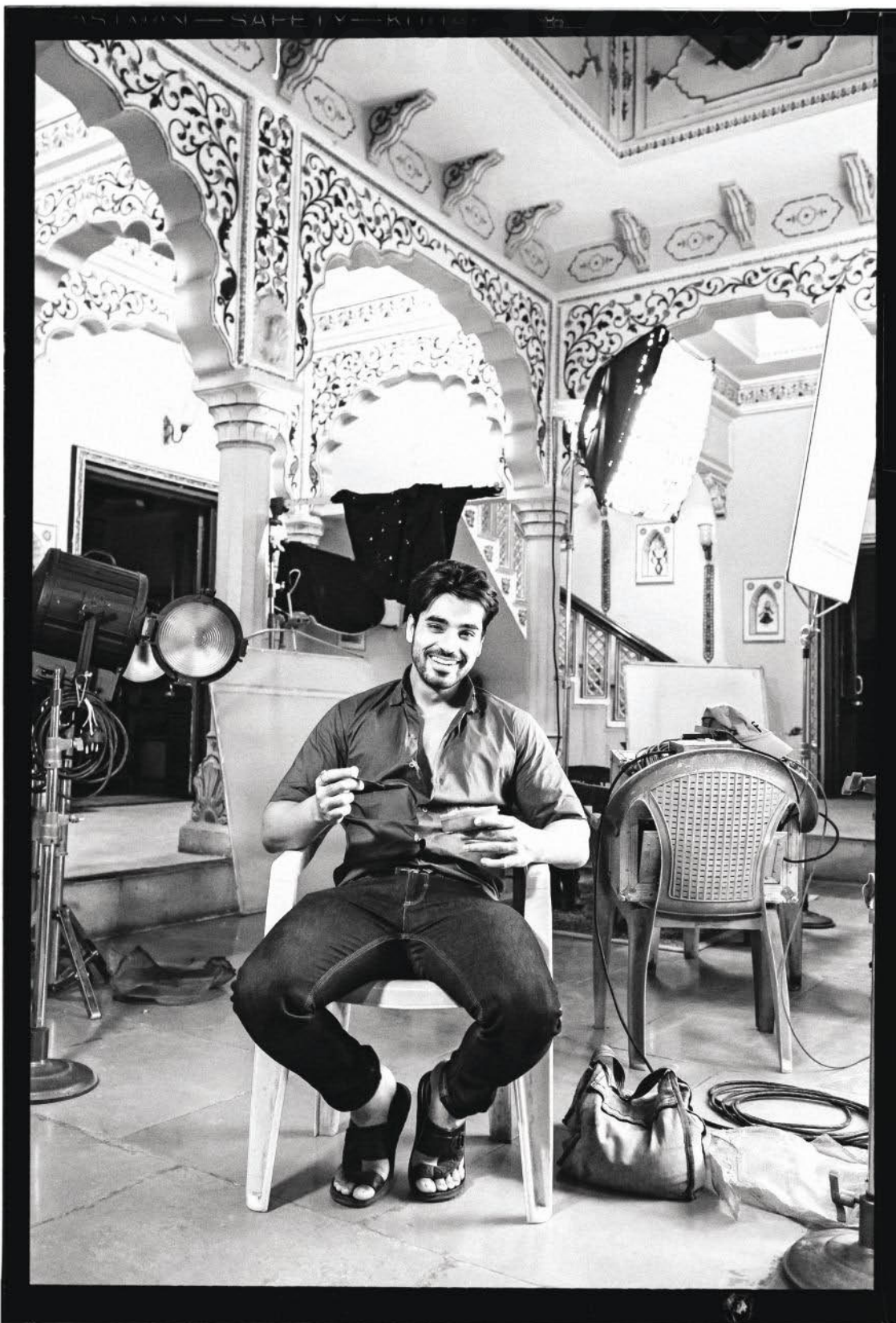
ARIANA LINDQUIST

Now a little *chia seed* goes a long way.



NEW Kashi Crunchy Granola and Seed bars have chia seeds, which add to the nutritional goodness in our tasty bar. And that helps you eat positive, no matter where the day takes you.





Lunch and a Movie On the set of his hit TV show, *Diya Aur Baati Hum*, actor Gautam Gulati (above) breaks for a lunch of chicken curry and salad. He's just one of roughly 180,000 people working in India's 101-year-old film industry, a massive business that turned out 1,724 productions in 32 languages last year. Intimately entwined with this community is the one that feeds it around the clock. Studio catering is as old as the film industry itself; it started as an extension of filmmakers' households, with wives overseeing the cooking of communal meals for casts and crews. A century later, some A-listers might bring something from home or order a special meal for delivery, but among the crews, only freshly made homestyle comfort food will suffice: curried vegetables, tandoori chicken, dals, crispy pappadum crackers, and syrupy desserts. —Roshni Bajaj Sanghvi, food columnist, *MumbaiBoss.com*

SUPPORTING CAST

At the Indian table, a barrage of condiments elevates and balances main dishes. Yogurt-based raitas mollify the tongue-searing effect of chiles. One of the more basic versions is the cooling 1. *kheera ka raita*, cucumber-tomato yogurt, while 2. *kaitha chaka pachadi*, spicy pineapple yogurt, a raita from Kerala on the Malabar coast, is amped up with sweet pineapple and piquant chiles. Chutneys layer on a range of flavors—sweet, savory, and beyond. 3. *Hara dhaniya ki chutney*, coconut-cilantro chutney, is rounded out with a mix of earthy spices and beans. For 4. *karipatta chutney*, curry leaf chutney, sesame seeds add nuttiness to the herbaceous blend. (See pages 54 and 56 for recipes.) —Mari Uyehara



1



2



3



4

FROM LEFT: JAMES ROPER; INGALLS PHOTOGRAPHY (4)

Mahatma & CAROLINA

BASMATI

Rice

*Authentic treasures
in taste from India.
You will appreciate
the aroma, great taste,
and the long, slender,
fluffy grains of this truly
gourmet rice.*



Coconut Shrimp and Rice Salad



The Gourmet Rice



JAMES ROPER, FACING PAGE: INGALLS PHOTOGRAPHY (2)

A Meghwal tribeswoman holds a spicy cabbage-and-potato curry (see page 54 for recipe).

Plains Food

On a brutal summer day, when scorching temperatures soared to 110 degrees Fahrenheit in Bhirandiyara village, I visited Gujarat's Meghwal tribe, considered lowly untouchables in India's caste system. Former nomads, the Meghwal still shepherd goats, cows, and buffalo, so the hallmark of their meals is dairy, including glasses of fresh buttermilk or *maavo*, sweetened milk solids. There is little agriculture—the closest vegetable market is in the capital city of Bhuj, 35 miles away. Accordingly, the cuisine is spare, but it is delicious in its simplicity. For lunch, we shared a spicy cabbage-and-potato curry and millet *rotla*, a flatbread, all cooked over a wood fire. After our meal, we made our way past weavers embroidering bright and intricate patterns against the backdrop of a tawny, parched landscape. —*Gautam Popat, tour guide, Kensington Tours*

THE BREAD OF LIFE

I've cooked Indian food since I was young, and flatbreads are the delicious cornerstone of most meals. On tables where utensils are rare, they sop up soupy dishes and wrap morsels of food. Our everyday flatbread is chapati (pictured on page 54; see page 54 for recipe), a pliant round made from whole wheat flour dough, which is cooked on a dry skillet and then inflated and browned over an open flame. From the same dough comes chewy paratha (above), dry-cooked with ghee in a skillet. Ajwain seeds lend *puri* (below right), a deep-fried puff, a faint floral musk. And I particularly love fluffy naan (sometimes strewn with toppings like chopped cilantro, below left). Unlike its whole wheat brethren, it's made from all-purpose flour and slapped against the chimney wall of a clay tandoor oven to bake. It is best savored hot and slathered with ghee. (See SAVEUR.COM/INDIA for more Indian bread recipes.) —*Raghavan Iyer, author, Indian Cooking Unfolded (Workman, 2013)*



Persian Roots

When I was growing up in Mumbai, Sunday lunch with my family was always *dhansak*: caramelized rice walled in by mutton kebabs and drowned in a dal cooked with green chiles and garlic and spiced with turmeric and cumin (top right). We ate it with a plate of condiments (top left) that included sliced onions, limes, and cilantro.

My family is Parsi, followers of the prophet Zoroaster who began immigrating to India around the eighth century from Persia. The cuisine still bears that ancient influence: meats and vegetables paired with sweet and sour flavors and lavished with diverse spices.

My Sunday family lunches are a thing of the past now. But when I pine for the old days, I make my way to Ideal Corner, a Parsi restaurant in Mumbai's Fort district, where most of the world's Parsis live. They serve *kheema pattice*, mutton-potato patties (middle left); *veg dhansak*, brown rice with dal and vegetables, like eggplant and pumpkin (bottom left); and *kolmi papeto capsicum*, prawns with tomatoes and chiles (bottom right). I always order a dish my mother used to make: *jardalu ma marghi*, chicken and dried apricots in gravy (middle right; see page 56 for recipe). The sharp, sweet notes of the fruit, and the spices that infuse the rich gravy—chiles, cinnamon, ginger, and cardamom—make for a complex interplay of tastes: sweet, sour, piquant. The currents of flavor transport me back through the years. —Lyla Bavadam, deputy editor, Frontline magazine



THE
NO LEAK
SKYLIGHT
No Leak Promise
No Worries

©2014 VELUX Group

ONLY WITH A SKYLIGHT CAN YOU DECORATE WITH THE SUN, MOON, AIR AND CLOUDS.



Invite the beauty of the great outdoors into your home.
Learn about skylights and the INTEGRA® Control Pad at whyskylights.com.

VELUX®

Skylights



FEEDING MUMBAI

In the middle of the night, when the sky is pitch black and the rest of Mumbai is fast asleep, the wholesale produce market in the neighborhood of Byculla is a hive of frenetic activity. I first discovered it at the end of a long night out, but each time I return, its rhythm is the same. Trucks loaded high with watermelons, eggplants, and long beans rumble by, their hauls to be unpacked by an army of workers, like the men pictured here, who carry woven baskets overhead. The deliveries, hailing from Nashik, Maharashtra's agricultural heartland, about 100 miles away, supply this city of 20 million people. By 3:30 A.M., vendors have said their daily prayers and are on to a brisk business, selling fresh produce to middlemen for neighborhood markets and home-delivery services. Damaged goods don't go to waste—they are fed to the cows ambling about in return for good karma. As the sky brightens, the din starts to fade, and by 10 A.M., it's a leisurely murmur. —Harshvardhan Tanwar, Mumbai-based freelance writer

JAMES ROPER (2)



GOOD AND PLENTY

Across India, an assortment of produce is common to kitchens.

1 Coconut is integral in coastal regions, used in sliced, grated, and liquid forms, while **2 green, unripe mangoes** are everywhere, cured as pickles and added for tartness in dals and curries. Indian cooks don't shy away from bitter ingredients, such as **3 cluster beans**, **4 fenugreek leaves**, and **5 bitter melon**, salted to mitigate their punch or mixed in with mellow ingredients. Some vegetables are used in both sweet and savory dishes, particularly **6 carrots** and **7 beets**. Others are ideal for fritters, including **8 cauliflower** and eggplants like **9 bharta** and **10 rhim jhim**. A slew of other vegetables familiar in the West are also popular: **11 Cucumber** and the sweeter **12 Indian yellow cucumber** are eaten raw, **13 cabbage** is shredded and stir-fried, **14 green peppers** punctuate pilafs, and **15 okra** is beloved fried and stewed. Leafy greens like **16 Indian spinach**, an indigenous climbing perennial distinct from the Western plant, and hearty **17 amaranth greens** are added to stir-fries and curries. The long pods known as **18 drumsticks** are favored in the spicy lentil-based stew *sambar*. Gourds, including **19 bottle**, **20 pointed**, **21 ivy**, and **22 snake**, are prepared in a number of ways: stir-fried, stuffed, or simmered in soups. **23 Taro root** is fried like potatoes, while **24 flat beans** are found in dals and spiced stir-fries. **25 Tomatoes** and **26 potatoes**, introduced by the Portuguese, have become curry staples. —R.I.

TRAVEL GUIDE WEST INDIA

MUMBAI

STAY at the ITC Grand Central (itc hotels.in) for culinary pampering: organic teas, jams, and cookies in-room at tea time; honey-soaked almonds at turndown; five acclaimed restaurants; and champagne with caviar on the spectacular rooftop, featuring 360-degree views of the skyline and the Arabian Sea. At the Taj Mahal Palace (taj hotels.com), rare wines



and whiskeys are sold under a private label, and Shamiana, one of 10 restaurants, holds extravagant Indian brunches. At the



Oberoi's (oberoi hotels.com) Ziya restaurant, Michelin-starred chef Vineet Bhatia serves modern Indian dishes. **EXPERIENCE** the manic energy of the Byculla Market, the city's largest vegetable market. Later, head to historic Metro Big Cinema (bigcinemas.com) to watch the latest Bollywood film. **EAT** local snacks at Chowpatty Beach's *chaat* stands. Come hungry to Ideal Corner (12 F/G, Hornby View), where the Parsi menu changes daily. See itineraries and more at SAVEUR.COM/INDIA

GOA

About the size of Rhode Island, this tiny state is famous for its 75 miles of white sand beaches.

STAY at one of the four seaside Taj hotels, from the Indo-Portuguese-inspired Vivanta in the north to the exclusive Exotica in the south (tajhotels.com). Hire a taxi and **EXPLORE** coastal villages on a drive down the shoreline. **EAT** Goan and colonial classics, like prawn curry and pork vindaloo, at Britto's along Calangute-Baga Road, the oldest restaurant in the state, opened in 1965. Head to the town of Nerul and enjoy daily specials (there are no menus), such as mushroom *rawa* and baby corn curry, prepared by the D'Souza family at the restaurant Bhatti Village, near Bhatti Waddo. In Panjim, sample regional dishes at Mum's Kitchen (mumskitchengo.com), where the chef has collected recipes like *amboatik* curry, a sour vegetable stew; *tamre bhaji*, red spinach with onions and tomatoes; and five types of prawn curry from home cooks in the state.

Off Road From the regional Gujarati restaurants of Ahmedabad, like Manek Chowk and Vishalla, to distinctive village cooking in the Raan of Kutch desert, Gujarat offers a myriad of culinary treasures best accessed with a local guide. Visit kensingtontours.com.

Christmas on the Coast Every December, Goa, a coastal state bordered by azure waters and beaches dappled with palm trees, is decorated with mangers and five-pointed stars hung on porches. While the majority of the population is Hindu, many Goans converted to Catholicism under the Portuguese rule from 1510 to 1961, and Christmas is a beloved celebration. Goa has a distinctly hybrid cuisine, and Christmas meals there are elaborate affairs, featuring diverse dishes like red pork *balchao* curry, roasted duck with spices, and crispy baked mussels. Often the beloved regional specialty, *sembharachi kodi*, shrimp in a coconut curry (see page 58 for recipe), makes an appearance on the holiday table. It is prepared a number of ways, but always with the freshest local shellfish simmered in a rich, chile-spiked coconut sauce—a fittingly vivacious dish for a tropical celebration. —Mari Uyehara

CLOCKWISE FROM LEFT: INGALLS PHOTOGRAPHY; JAMES ROPER; COURTESY ITC

ENJOY AWARD-WINNING CUISINE & WINE ABOARD ALITALIA



After winning the Expert's Choice Award in SAVEUR's 2013 Culinary Travel Awards, Alitalia's in-flight wine program has once again been nominated for the 2014 awards. For four consecutive years, Alitalia has also won the award for Best Airline Cuisine in Global Traveler magazine's GT Readers Tested Survey. The prestigious awards recognize Alitalia's commitment to **creating a high-quality Italian dining experience** inspired by Italy's culturally diverse regions.

In Magnifica, Alitalia's Business Class cabin on intercontinental routes, menus are created and selected in collaboration with ALMA, considered to be the most authoritative internationally recognized training center for Italian cuisine. **Wines are carefully paired with the menus** in cooperation with the Italian Association of Sommeliers (AIS).

Menus in Magnifica change every three months and different regional wines and dishes are featured in each direction so travelers enjoy a new dining experience each way. From August to October, Magnifica Class passengers will enjoy a selection of seasonal specialties such as: Ligurian fish salad with warm focaccia, green pesto and meat lasagna, and swordfish accompanied by roasted potatoes, zucchini, and sautéed spinach. Of course, no dinner is complete without dessert, which includes fresh fruits and pastries topped off with an espresso.

EVEN MORE AMENITIES ABOARD MAGNIFICA BUSINESS CLASS...

Magnifica delivers maximum comfort and a sophisticated travel experience. Magnifica seats on new A330 and newly refurbished Boeing 777 aircraft offer in-seat work and entertainment options, and convert to true flatbeds, reclining a full 180 degrees. The cabin configuration offers travelers all-aisle seating.



In addition to award-winning regional Italian cuisine and wine, Magnifica features linens designed by Italian luxury brand Frette, tableware designed by Richard Ginori, and an amenity kit with personal care items designed by Salvatore Ferragamo.

All Alitalia flights operating out of New York-JFK to Milan and Rome offer flat-bed seats in Magnifica. The seats are also available from Boston and Miami to Rome, and on seasonal Los Angeles flights to Rome, which operate between May and October.



THE MAGNIFICA FLATBED

- Electronic controls that convert the seats to 180° flatbeds
- Large 15.4 in. LCD screens that provide on-demand audio & video
- PC power and USB ports for PC charging
- Built-in massage technology & privacy screen
- Direct-aisle access



Chapati, an unleavened flatbread (see recipe below); *patra ni muchchi*, a steamed, banana-wrapped fish (see page 56 for recipe).

❖ Aloo Chana Chaat (Potato and Chickpea Snack)

SERVES 2-4

Along with tamarind chutney, this street snack (pictured on page 41) is sometimes also dressed in yogurt and cilantro or mint chutney.

- 3 tbsp. canola oil
- 1 tsp. black mustard seeds
- 1 tsp. cumin seeds
- 8 fresh or frozen curry leaves
- 3 chiles de árbol, halved
- 8 oz. Yukon Gold potatoes, peeled and cut into 1" pieces
- ½ tsp. ground turmeric
- 5 cloves garlic, mashed into a paste
- 1 1" piece ginger, peeled and mashed into a paste
- 1 small red onion, roughly chopped
- 1 15-oz. can chickpeas, rinsed and drained
- Kosher salt, to taste
- 1 cup tamarind chutney (see page 36 for recipe), mixed with ½ cup water
- ½ cup sev (fried chickpea noodles)

Heat oil in a 4-qt. saucepan over medium-high. Cook mustard and cumin seeds, curry leaves, and chiles until seeds pop, 1-2 minutes. Add potatoes, turmeric, garlic, ginger, and ½ the onion; cook until golden, 8-10 minutes. Add 1 cup water; boil. Reduce heat to medium; cook, covered slightly, until potatoes are tender, 15-20 minutes. Stir in chickpeas and salt; cook until thickened, 15-20 minutes. Ladle into bowls; drizzle with chutney mixture. Garnish with remaining onion and the noodles.

Bund Gobhi Aur Aloo Ki Subzi

(Spicy Cabbage-and-Potato Curry)

SERVES 4

This vibrant curry (pictured on page 46) comes from the Meghwal tribe of the Thar Desert.

- 3 tbsp. canola oil
- 1½ tsp. cumin seeds
- ½ tsp. red chile powder, such as cayenne
- ½ tsp. ground turmeric
- 3 small green Thai chiles

or 1 serrano, sliced ½" thick

- 2 Indian or regular bay leaves
- 1 small red onion, quartered and cut into ¼" wedges
- 1½ lb. Yukon Gold potatoes, peeled, quartered, and sliced ¼" thick
- 4 plum tomatoes, chopped
- ½ small head green cabbage, cored and cut into 1" pieces
- Kosher salt, to taste

Heat oil in a 12" skillet over medium-high. Cook cumin seeds until they pop, 1-2 minutes. Add chile powder, turmeric, chiles, bay leaves, and onion; cook until onion is soft, 3-4 minutes. Stir in potatoes, tomatoes, cabbage, and salt; cook, covered, until potatoes are tender, about 30 minutes.

Chapatis (Whole Wheat Indian Flatbread)

MAKES 10

The recipe for this chewy flatbread (pictured above), an Indian staple, is adapted from one given to us by cookbook author Smita

Chandra. To make it, place ½ cup *atta* (durum wheat flour) in a bowl. In another bowl, stir ¾ cups more flour and 1¼ cups water until dough forms. Knead dough briefly until smooth; divide into 10 balls. Working with 1 ball at a time, coat in reserved flour; roll into a 7" circle, about ⅛" thick. Heat a 12" cast-iron skillet over high. Cook dough, flipping once, until puffed and charred in spots, 2-3 minutes. Serve hot.

Hara Dhaniya Ki Chutney (Coconut-Cilantro Chutney)

MAKES 2 CUPS

Tarka, a fried blend of spices and aromatics, garnishes this chutney (pictured on page 44) from New York-based homecook Yamini Joshi. To make it, purée ¼ cup roasted chana dal (yellow split peas), ½ tsp. cumin seeds, 3 small, stemmed green Thai chiles or 1½ serranos, and one 3"-piece peeled and thinly sliced ginger in a food processor into a paste. Add 1 cup fresh or frozen grated coconut, ½ cup chopped cilantro, ½ cup water, 2½ tsp. tamarind

FROM LEFT: JAMES ROPER; INGALLS PHOTOGRAPHY

WorldMags.net

Flank Steak *to* Filet.

Change for the better.
Switch and you could save with GEICO.

geico.com | 1-800-947-AUTO | local office

GEICO[®]



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko ©1999-2014. © 2014 GEICO

paste (see “Making Tamarind Paste,” at right), and salt. Purée until smooth; transfer to a bowl. Melt 2 tbsp. ghee in an 8” skillet over medium-high. Cook 1 tsp. black mustard seeds, ¼ tsp. each chana and urad dal (skinned, split black lentils), 5 fresh or frozen curry leaves, and 2 chiles de árbol, 2–3 minutes; pour over chutney.

Jardalu ma Marghi

(Parsi-Style Chicken Curry with Apricots and Shoestring Potatoes)

SERVES 4–6

This lush chicken curry (pictured on page 48) is adapted from a recipe in Niloufer Ichaporria King’s *My Bombay Kitchen* (University of California Press, 2007).

- 1 lb. russet potatoes, peeled and finely julienned
- Kosher salt, to taste
- 2 tbsp. canola oil, plus more
- 2 cups dried apricots
- 2 cups unsweetened apple juice
- 6 chiles de árbol, stemmed
- 4 cloves garlic, peeled
- 1 2” piece ginger, peeled and thinly sliced
- 2 lb. bone-in, skin-on chicken thighs
- ½ tsp. cumin seeds
- 5 whole cloves
- 3 green cardamom pods
- 2 sticks cinnamon, halved
- 1 large yellow onion, sliced
- ¼ cup madeira

1 Soak potatoes in salted water 1 hour; drain and dry using paper towels. Heat 2” oil in a 4-qt. saucepan until a deep-fry thermometer reads 350°. Working in batches, fry potatoes until crisp, 2–3 minutes. Transfer to paper towels to drain; season with salt.

2 Bring apricots and juice to a simmer in a 6-qt. saucepan over medium-high heat; cook until apricots are plump, about 10 minutes. Transfer apricots and half the juice to a bowl. Place remaining juice in a food processor; add chiles, garlic, and ginger and purée into a paste.

3 Wipe pan clean and add 2 tbsp.

oil; heat over medium-high. Season chicken with salt; cook, flipping once, until skin is crisp, 6–8 minutes, and transfer to a plate. Add reserved paste to pan; cook until golden, 2–3 minutes. Add cumin seeds, cloves, cardamom, and cinnamon; cook until seeds pop, 1–2 minutes. Add onion; cook until caramelized, 10–12 minutes. Add reserved apricots and juice, plus ¼ cup water, and salt; boil. Reduce heat to medium-low and return chicken to pan; cook, covered, until chicken is cooked through, 18–20 minutes. Stir in madeira; cook 2 minutes. Transfer to a serving platter; garnish with fried potatoes.

Kaitha Chaka Pachadi

(Spicy Pineapple Yogurt)

MAKES 2 CUPS

Pineapple adds sweet tang to this raita (pictured on page 44) adapted from Madhur Jaffrey’s *A Taste of India* (Wiley, 1988). To make it, grind 1½ tbsp. fresh or frozen grated coconut, 1 tbsp. water, and 1 tsp. cumin seeds in a spice grinder into a paste. Cook 2 cups chopped pineapple, ½ cup water, and 2 tbsp. sugar in a 12” nonstick skillet over medium-high until slightly dry, 8–10 minutes. Add paste; cook 2–3 minutes. Transfer to a bowl and let cool; stir in 1 cup plain, full-fat yogurt, 3 small minced green Thai chiles or 1 serrano, and salt. Wipe skillet clean and add 1 tbsp. canola oil; heat over medium-high. Cook ½ tsp. black mustard seeds until they pop, 1–2 minutes. Add 10 fresh or frozen curry leaves and 3 chiles de árbol; cook 1–2 minutes. Let cool; pour over yogurt mixture.

Karipatta Chutney

(Curry Leaf Chutney)

MAKES ¾ CUP

This fragrant sauce (pictured on page 44) from chef Raghavan Iyer is great with dosas (South Indian fermented lentil and rice crêpes; see page 72 for recipe). To make it, heat a 10” skillet over medium-high. Cook 1 tbsp. sesame seeds until toasted, 1–2 minutes; transfer to a blender.

Add 2 cups fresh curry leaves, ½ cup water, 1 tbsp. grated jaggery or brown sugar, ½ tsp. tamarind paste (see “Making Tamarind Paste,” at right), one 1”-piece peeled and thinly sliced ginger, and salt; purée until smooth.

Kheera ka Raita

(Cucumber-Tomato Yogurt)

MAKES 2 CUPS

Adapted from a recipe in *Foods of the World: The Cooking of India* (Time, Inc., 1969), this cooling condiment (pictured on page 44) is a counterpoint to fiery foods.

To make it, toss 1 medium minced cucumber and ½ small chopped yellow onion with salt in a colander; let drain 5–10 minutes, then squeeze dry. Heat an 8” skillet over medium-high; cook 1 tsp. cumin seeds until they pop, 1–2 minutes. Grind in a spice grinder into a powder; transfer to a bowl. Stir in reserved cucumber mixture, 1½ cups plain, full-fat yogurt, ½ cup minced mint, 2 small minced green Thai chiles or 1 serrano, and 1 minced plum tomato.

Patra ni Muchchi

(Steamed Banana-Wrapped Fish)

SERVES 4

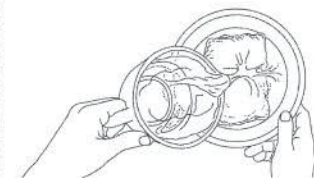
This Parsi fish dish (pictured on page 54) is adapted from a recipe in Raghavan Iyer’s *660 Curries* (Workman, 2008).

- 1 cup chopped cilantro
- 1 cup grated fresh or frozen coconut
- ¼ cup chopped mint
- 1 tbsp. grated jaggery or brown sugar
- 1 tsp. cumin seeds
- 1 tsp. tamarind paste (see “Making Tamarind Paste,” at right)
- 7 small green Thai chiles or 3 serranos, stemmed
- 4 cloves garlic, peeled
- 4 fresh or frozen and defrosted banana leaves, or 4 sheets parchment paper
- 4 6 oz. boneless, skinless fillets sole, flounder, or cod

Purée cilantro, coconut, mint, jaggery, cumin seeds, tamarind

Making Tamarind Paste

Tamarind, a red-fleshed, podlike fruit, adds sweet-sour notes to dishes such as spicy Goanese pork stew (see recipe below). Instead of using a ready-made concentrate, which can be bitter, cooks make a paste from blocks of pure tamarind pulp. Here’s how to do it.



Place an 8-oz. block of tamarind pulp in a nonreactive bowl; add 2 cups boiling water and let sit 30 minutes.



Pour into a fine-mesh sieve set over a bowl. Squeeze pulp to extract a smooth, thick paste; discard fibers.



Scrape paste from bottom of sieve into the bowl. Store chilled up to 2 weeks or frozen up to 3 months. Makes 2 cups. —Kellie Evans

paste, chiles, garlic, salt, and 1 cup water in a blender into a smooth sauce. Trim each banana leaf into a 9” square; wipe clean with a damp paper towel. Spread ¼ cup sauce in center of each leaf; place 1 fillet over sauce on each leaf and season with salt. Spread ¼ cup sauce over each fillet; fold sides of leaves over fillets, then tuck open ends under to form packets. Boil 2” water in an 8-qt. saucepan fitted with a steamer basket. Place packets in steamer; cook, covered, until fish is cooked, about 20 minutes.

★ Pork Vindaloo

(Spicy Goanese Pork Stew)

SERVES 4

Vinegar and tamarind provide the traditional sourness for this sumptuous classic (pictured on page 58), adapted from Lizzie

10

CHEFS 10 WINERIES



a world of difference

We asked 10 of Americas top chefs to develop recipes paired specifically to 10 of Portugals best wines. The result: a delectable and diverse group of dishes from a variety of cuisines including French, Italian, Vietnamese, contemporary Portuguese, Asian fusion and seafood paired perfectly to a unique collection of wines.

On the 1st of every month throughout this year, we're releasing one of the recipes with the wine pairing through the Wines of Portugal Facebook page, Twitter handle (hashtag #10chefs) and on the website. Videos of each chef preparing their respective recipes and talking about the unique wine pairing are also available online.

The culmination of this culinary journey will be a recipe book featuring the 10 chefs, wines, wineries and recipes. Look for this limited edition book at upcoming Wines of Portugal events. Follow us on Facebook for a chance to win your own copy.

www.winesofportugal.com



@WPTUSA



Wines of Portugal U.S.



drink responsibly

WorldMags.net

Collingham's *Curry* (Oxford University Press, 2007).

- 2 lb. boneless pork shoulder, cut into 2" pieces
- 1/3 cup white wine vinegar
- Kosher salt, to taste
- 1 tsp. cumin seeds
- 1 tsp. poppy seeds
- 10 whole black peppercorns
- 6 chiles de árbol, stemmed
- 4 whole cloves
- 1 tbsp. tamarind paste (see "Making Tamarind Paste," page 56)
- 1/2 tsp. ground turmeric
- 8 cloves garlic, 4 peeled, 4 roughly chopped
- 3 small red Thai chiles or 2 red jalapeños, stemmed
- 1 2" piece ginger, peeled and thinly sliced
- 1/3 cup canola oil
- 1 tsp. black mustard seeds
- 1 stick cinnamon, halved
- 2 small green Thai chiles or 1 serrano, halved
- 1 large yellow onion, sliced
- 1 tsp. grated jaggery or brown sugar

1 Toss pork, vinegar, and salt in a bowl. Cook cumin and poppy seeds, peppercorns, chiles de árbol, and cloves in an 8" skillet until seeds pop, 1–2 minutes. Let cool and transfer to a spice grinder; grind into a powder and add to pork. Purée tamarind paste, turmeric, peeled garlic, red chiles, and ginger in a food processor into a paste and add to pork. Toss to coat; cover and chill 4 hours.

2 Heat oil in a 6-qt. saucepan over medium-high; cook mustard seeds and cinnamon until seeds pop, 1–2 minutes. Add chopped garlic, green chiles, and onion; cook until slightly caramelized, 8–10 minutes. Stir in pork and its marinade; cook until paste begins to brown, 5–7 minutes. Add salt and 1 1/4 cups water; boil. Reduce heat to medium-low; cook, covered and stirring occasionally, until pork is tender, about 1 hour. Stir in jaggery; cook until thickened, 8–10 minutes.

★ Sembharachi Kodi (Goanese Shrimp Curry)

SERVES 4

This signature Goan shrimp dish (pictured on page 52) is accented with the vivid taste of green cardamom.

- 1 lb. medium shrimp, peeled and deveined, tails on
- 1 cup grated fresh or frozen coconut
- 1 tsp. cumin seeds
- 3 chiles de árbol, stemmed
- 2 plum tomatoes, chopped
- 1/4 cup canola oil
- 5 whole cloves
- 4 green cardamom pods
- 2 Indian or regular bay leaves
- 1 stick cinnamon, halved
- 1 medium yellow onion, chopped
- 1 tbsp. ground coriander
- 1 tsp. ground turmeric
- 1/2 tsp. ground black pepper
- 2 cloves garlic, mashed into a paste
- 1 1" piece ginger, peeled and mashed into a paste
- 1 14-oz. can coconut milk
- 1/2 cup chopped cilantro
- 2 tsp. sugar
- 2 small green Thai chiles or 1 serrano, thinly sliced
- Kosher salt, to taste

Remove and discard tails from 6 shrimp; place in a food processor. Add coconut, cumin seeds, chiles de árbol, tomatoes, and 2 tbsp. water; purée into a paste. Heat oil in a 12" skillet over medium-high. Cook cloves, cardamom, bay leaves, and cinnamon until fragrant, 1–2 minutes. Add onion; cook until golden, 6–8 minutes. Add coriander, turmeric, pepper, garlic, and ginger; cook until fragrant, 1–2 minutes. Stir in reserved paste; cook until oil separates, 8–10 minutes. Stir in coconut milk; boil. Reduce heat to medium; add remaining shrimp, half the cilantro, the sugar, and green chiles. Cook until shrimp are pink and sauce is slightly thickened, 6–8 minutes; garnish with remaining cilantro.

For hard-to-find ingredients, see PANTRY, page 94.



Fired Up

In England, vindaloo (see page 56 for recipe) is a tongue-searing curry, but it wasn't always that way. The word *vindaloo* is a garbled pronunciation of the popular Portuguese dish *carne de vinha d'alhos* (meat marinated in wine-vinegar and garlic), which made its way to India in the 15th century along with Portuguese explorers. The dish was tweaked to local conditions: There was no wine-vinegar in India, so Franciscan priests fermented their own from palm wine. Local ingredients like tamarind, black pepper, cinnamon, and cardamom were also incorporated. But the most important addition—chile peppers—was a legacy of Portugal's global empire, imported to India from the Americas. When the British occupied India from 1797 to 1813, they were delighted to discover this East-meets-West food, as well as Christian Goan cooks, who, free of caste and religious restrictions, were happy to make beef and pork dishes beloved by expats. In early British India cookbooks, vindaloo recipes remained close to the Goan original. But the dish gradually met the same fate as many Indian dishes when it was exported to England: It became another hot curry. The tang of vinegar disappeared along with the practice of marinating the meat, and the balance of different spices was lost under a blistering excess of chiles. Luckily, in Goa many versions still hark back to old days when cinnamon and cardamom provided an earthy elegance, and the heat was kept in check. —Lizzie Collingham, author of *Curry* (Oxford University Press, 2006)



HAND MADE

THE ARTISAN FIRE PIZZA OVEN

Neapolitan-style heat with gas-fired convenience.
Hand-built in Kalamazoo, Michigan from \$6,795.

TRUEKALAMAZOO.COM | 855.258.0916





Incredible!ndia

www.incredibleindia.org

South

WorldMaps.net



ON INDIA'S southern peninsula, the Deccan plateau separates the coast of Andhra Pradesh on the Bay of Bengal from that of Karnataka and Kerala on the Arabian Sea. On the high, dry plains, chiles, legumes, tea, and oil seeds like mustard are cultivated, while shorelines are rimmed with coconut palms, mango trees, and rice paddies, as well as plantations where black peppercorns and other spices flourish. The lure of the region's fecundity is strong; the south is home to some of India's oldest ports, and across the region, farming and trading have given rise to vibrant cooking reflected in the complex vegetarian food of Tamil Nadu, the meaty biryanis of Andhra's capital, Hyderabad, and watery Kerala's fish curries. The area's beloved peppery soups—tamarind-based *rasam* and the spicy lentil-based stew *sambar*—embody the southern dictum that you must "eat the heat to beat the heat."



KELLY CAMPBELL

Anu Vaidyanath, a resident of Molasur in Tamil Nadu, prepares to celebrate Pongal, the annual south Indian harvest festival.

WorldMaps.net

MARKET SHARES

Syed Waseem brings down a cleaver, reducing a whole mackerel to a pile of slices. He is precise, unsmiling. Waseem works at the Russell Market in an imposing Indo-Gothic building. Like many markets in India, this Bangalore institution, established in 1927 by the British, contains in its mazelike warrens endless baskets heaped with bright produce, colored hillocks of spices, and hanging meat.

The fish market, 35 stalls that receive as much as 22,000 pounds of fish daily from coastal India, echoes with the *chik-chik-chik* of fish being scaled. English isn't Waseem's first language, but he named his stall "Fisheries" to attract upper-middle-class customers. One of them is my sister Shaila, who lives in Bangalore. As is typical of this fast-moving city, the two never meet. When Shaila wants fish, she calls Waseem; her driver retrieves her order from his stall.

Waseem is 32 years old. He first made his way to Russell when he was 12 years old. He learned how to scale, slice, and source fish. He learned how to speak Kannada, Tamil, Hindi, and English to make a sale. When the city is still dreaming, he dials fishermen in Mumbai and other coastal cities. Then the sun cracks open the night sky, and the market is loud with impatience. Waseem's employees compete for attention. "We have the best prices!" they holler in half a dozen tongues. —Sonia Faleiro, author, *Beautiful Thing* (Black Cat, 2012)



Many Indian fish markets were established during colonial times; they are fast-paced, cacophonous places where cooks vie for bargains from the sea.



SOUTHERN COMFORT

My grandmother was from Kerala, so she made dosas (see page 12 for recipe), the savory crêpes that are a staple of south India. For these, she pounded soaked rice and black lentils on a grinding stone called a quern till a creamy paste formed. The paste was left to ferment. Then the batter was spread on a hot griddle and fried until it bubbled and crisped, an earthy base for sweet-sour tamarind sambar, coconut chutney, spiced mashed potatoes, and more. Today querns are giving way to motorized food processors, tools so essential that governments distribute them for free. My grandmother eventually got one; until she died last year at 94 it ran daily in her kitchen with a muted, slurring whir. -Vikram Doctor, an editor at The Economic Times

HEART OF THE SOUTH

Andhra Pradesh is home to fiery chiles, fresh fish, savory meat dishes, and people who live off the land and waters

THE INDIA ISSUE SOUTH INDIA

I AM IN RAJAHMUNDRY, a town on the banks of the mighty Godavari River, as part of a slow, delicious journey to explore the many, varying cuisines of Andhra Pradesh. I am just about to eat in a mess.

Andhra messes (short for mess halls) serve freshly made vegetarian food very cheaply. Hotel Vasavi is a dark, basement joint where, for a dollar, I am offered two types of rice: one plain and one flavored with a well-spiced tomato sauce. Rice is the base of the meal. To add variety of flavor, texture, and nutrients, there's *majjiga pulusu*, mixed vegetables cooked in a buttermilk sauce; *palakooru vepadu*, a stir-fried spinach (see page 74 for recipe); a curry made from jackfruit; and *sambar*, a spicy lentil-based stew. Since fried foods are essential to the soft, wet meal I'm having, I order *kosu vepadu*, a crispy cabbage fritter, which looks a bit like Medusa's head, with the strands of shredded cabbage providing a crunchy, unruly halo. All of the foods are startlingly, marvelously hot.

Andhra Pradesh, near the Bay of Bengal, is known for its chiles, which are cultivated in the Gun-

PENNY DE LOS SANTOS





Field workers gather Guntur sannam chiles in the Guntur district of Andhra Pradesh.

tur district, along the state's southeast coast, and are used to flavor the rice grown in the area's countless patties. Along with rice, there's a passion here for the pungent and sour. The sourness, which perks up meals and seems necessary to combat the soupy tropical climate, can come from limes, tamarind, vinegar, green mangoes, sour oranges, star fruit, and other local plants.

Seafood also figures prominently here. On a small island in the Godavari River, which runs through

Vijayawada known for the softest *idlis*, flying saucer-shaped steamed cakes made with rice and urad dal, black lentils. Large steamers huff and puff in the kitchen, turning out dozens of *idlis* at a time. Each is anointed with ghee and served with a pat of butter. They melt in the mouth. They may be eaten with a dry chutney known as *podu* or with *sambar*. Equally loved here is the *pesarattu*, Andhra's savory pancake. Made with a batter of whole mung beans, soaked, blended, and spread out thinly on a

might well have both the south's coconut milk and the north's yogurt; southern seasonings like curry leaves and lime juice, and northern spices like mace and cardamom.

It was the Nizams, the dripping-in-diamonds-rich rulers of the Asaf Jahi dynasty, starting in the 18th century, that had both the money and the leisure to become active patrons of this composite cuisine at its most elaborate. To taste it, you have to visit one of India's grandest hotels, the Falaknuma Palace. It's here I watch the

making of a *kacchay gosht ki biryani*, a dish where rice and raw marinated meat are cooked together so magically that these disparate ingredients are done at the same time. Better yet, you have to be invited by one of Hyderabad's ever-courteous old families. I was lucky enough to receive a welcome from

COOKING COUSINS

My in-laws' house in southwest India, on Kerala's coast, is normally very quiet. But whenever Jayanti, my mother-in-law Shyamala's cousin, is in town, it comes alive as the two women bond over cooking Kerala's most traditional dishes. Arriving one afternoon, famished and excited, I find Jayanti hovering over a boiling pot of tamarind soup known as *rasam* (see page 74 for recipe). Beside her, Shyamala arranges beetroot *thoran* (see page 72 for recipe), the ruby-hued roots stir-fried with chiles, curry leaves, and coconut oil. I watch as she fries bullseye, flaky, crimson-scaled local fish, seasoning them with turmeric and chile powder. On a table sits a huge pot of *sambar*, a spicy lentil-based stew exuding aromas of asafoetida, turmeric, coriander, and garlic. My father-in-law, Mohanan, sets the table, and my wife, Shyba, and I sit down with our young son Leo. We dig into a communal bowl of rice with our hands, drench it in *sambar*, and roll it into small, soggy spheres before popping them into our mouths. We scoop up more rice, adding pinches of the *thoran*. We grab pieces of fish, and ladle out the *rasam*. Once my belly is full, I lean back with an audible sigh as Shyamala and Jayanti look at each other, smiling. —VK Sreelesh, journalist, Thalassery



Clockwise from top left: *khatti dal*, a Hyderabad-style stew (see page 72 for recipe); a cook prepares lunch in a pressure cooker; vendors in the village of Tapeswaram prepare to make sweets; fishing on the Godavari River. For recipes, visit SAVEUR.COM/INDIA.

Andhra Pradesh to the bay, I watch as a home cook named Ramanna sets up an open wood-burning fire outside her thatched hut. She squats in her printed blue sari, cooking a simple dish of *gongura*, red, sorrel-like sour leaves with tiny river shrimp, the two main ingredients flavoring each other.

I drive farther west to join other aficionados at the Babai Hotel, a small but popular eatery in the city of

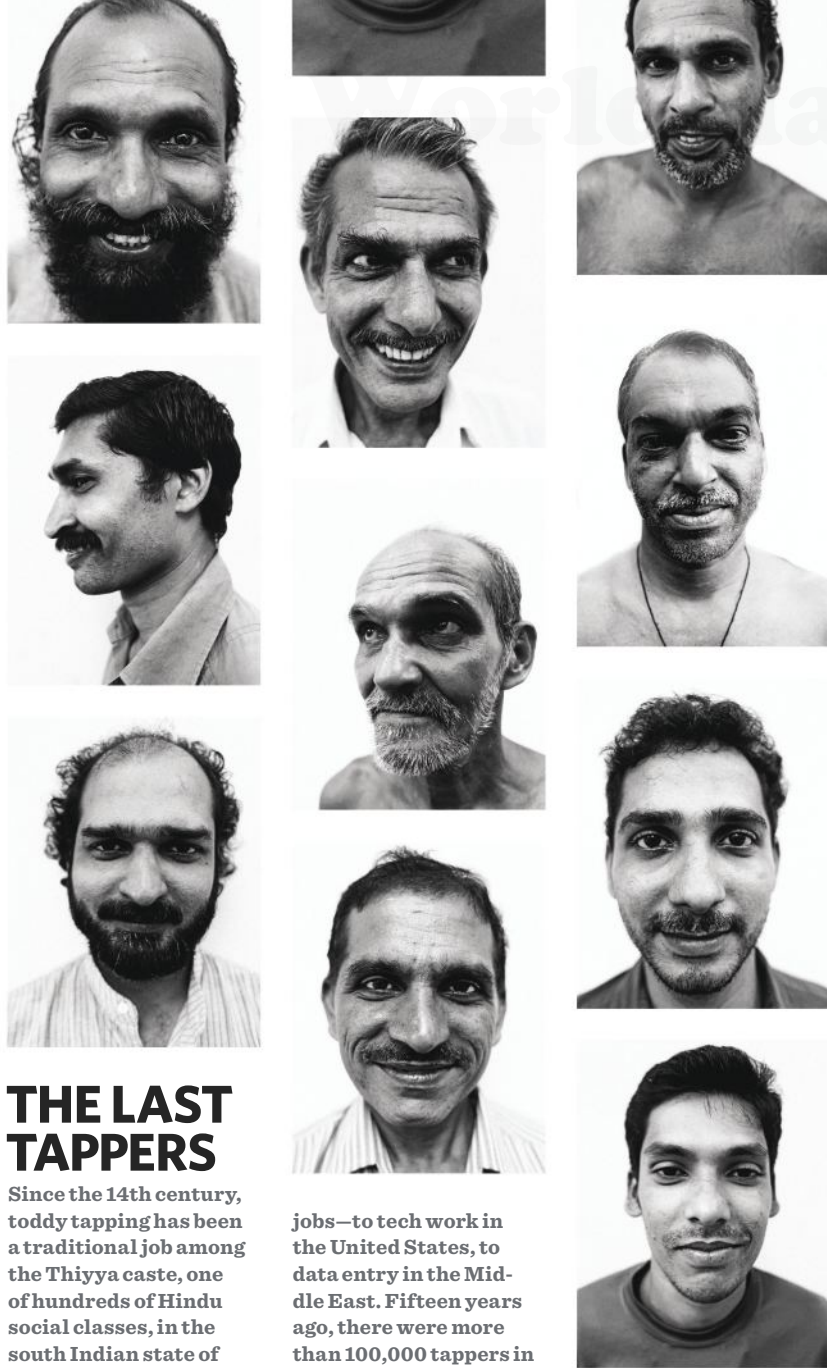
griddle, *pesarattu* is large, crisp, nutritious, and quite addictive. I eat mine with a creamy coconut chutney and some sweet, milky coffee on the side.

But the foods of Andhra are not all beans and vegetables. To feast on meat, I travel to the city of Telangana, in the northwestern part of the state. Since the 14th century, Muslim emperors from Delhi sent governors to rule the Telangana area, now known as Hyderabad state. The governors often rebelled and set up their own kingdoms, and the region slowly developed a unique cuisine that was part northern Muslim and part southern Hindu. A Telangana-style chicken cooked today by a Hindu

one aristocratic family while visiting. There I watched a housemaid named Rehana prepare a wonderful *nihari*, slow-cooked beef trotters, seasoned with *potli ka masala*, rare expensive spices, including sandalwood and rose petals, tied in a muslin bouquet garni. Rehana also prepared *khatti dal* (see page 72 for recipe), soured with tamarind and seasoned with curry leaves and mustard seeds. Pressure cookers whistled and hissed, and when we sat down to eat, there was plenty of rice for the dal, naan for the *nihari*, and pickles to eat with everything. —*Madhur Jaffrey, author of Madhur Jaffrey Indian Cooking (Barron's, 2003)*



When author VK Sreelesh's in-laws get together, they prepare Keralan dishes such as (clockwise from top left): beetroot thoran (see page 72 for recipe); Mala-bar fish fry; pappadam, a black-lentil-flour cracker; shrimp pickle; pachadi, made of yogurt, coconut, and cucumber; fried jackfruit seeds; shrimp-head curry; young papaya thoran; and olan, gourd in coconut milk. In the center: sambar and fish curry. For more recipes, visit SAVEUR.COM/INDIA.



THE LAST TAPPERS

Since the 14th century, toddy tapping has been a traditional job among the Thiyya caste, one of hundreds of Hindu social classes, in the south Indian state of Kerala, where I grew up. The job involves scaling palm trees, cutting open the flowers, and collecting the white sap that drips out. That sap is fermented, turning from a syrupy liquid to a sour alcoholic beverage known as toddy, a fixture of working-class taverns. Tapping is a perilous job. Some people fall. Some people die. For those reasons and more, Kerala's young men are turning to other

jobs—to tech work in the United States, to data entry in the Middle East. Fifteen years ago, there were more than 100,000 tappers in Kerala; now there are around 40,000. Many wonder if the occupation will survive the next few decades. I, too, ponder its fate, perhaps more than most. I started working alongside my father as a tapper when I turned 18. This went on for seven years, until one evening, when everything changed. It was monsoon season, and our village had an outbreak of viral fever. I was laid up for days. Just as I started to recover, Dad came down with the fever and asked me to pick

up his slack. That evening, as I slowly scaled a tall palm, everything below started churning. My hands and knees went weak; a cold shiver ran down my spine. I managed to finish the work, but a fear was born within me. I knew my life as a tapper was over. Today I work as a journalist. As I sit in my office, typing my latest story, I think about Dad up in the trees, gambling with his life for that potent sap. —V.S.

Above: Toddy tappers in Pinarayi, Kerala.

FROM LEFT: JAMES OSELAND (11); JAMES ROPER

KING OF FRUITS

Each summer, mango season brings India to its knees. It's a time when everyone comes together to celebrate the fragrant, yellow-fleshed fruit. People eat it for breakfast, lunch, and dinner. Street vendors slice it and serve it chilled and spiced. More than a thousand varieties of mango are indigenous to India. Everyone loves the creamy Alphonso, which grows abundantly in the south, but there are turf wars over which region has the best, and people anxiously read the newspapers for the latest updates on price and availability. When the season is over, pantry shelves are stocked with mango chutneys, pickles, powders, and dried fruit—wistful reminders of the best days of summer. —*Laura Grahame*



BARLOW TYRIE

quality since 1920



BarlowTyrie

"Entertain in style ..." Exceptional outdoor furnishing in stainless steel, premium teak wood, aluminum and hand-woven resin.

Recipient of sixteen international design excellence awards.

Tel: 800 451 7467 Email: USSales@teak.com Visit: www.teak.com



Model: Equinox / Mercury

WorldMags.net

THE LOVE OF TEA

Wherever you are in India, you're never far from a tea vendor peddling chai, a sweet, milky tea, from trays of steaming glasses. India is the top consumer of tea on the planet, but this wasn't always the case. While tea is native to the subcontinent—an indigenous variety, *Camellia sinensis* var. *assamica*, grows in the northeastern state of Assam—it wasn't until after the British had established plantations to supply the UK that the Indian tea plant was cultivated. For decades, nearly all of India's tea was exported. In 1881, however, the Indian Tea Association was formed to promote tea drinking within the country, and Indians embraced it. Each region puts its stamp on the drink. In the north, a chai wallah might infuse the brew with a smashed nub of ginger and finish it with a sprinkle of pink salt or threads of saffron. And in the northeast, epicenter of India's tea industry, you'll find an extravagantly spiced version known as masala chai suffused with ginger, clove, cardamom, cinnamon, and black pepper (see recipe at SAVEUR.COM/INDIA). Yet here in the south, they like their chai flavors pure: just milk and sugar, double brewed with a fistful of fragrant black tea. —Karen Shimizu

TRAVEL GUIDE SOUTH INDIA

HYDERABAD STAY

in aristocratic style at Falaknuma Palace (tajhotels.com), a hotel on lease from the royal family. **EXPLORE** Indo-Islamic monuments, like the Mughal dynasty's Qutb Shahi Tombs, then head to nearby Golconda Fort ruins, which overlook the city. **EAT** delicately spiced Hyderabad mutton biryani at a local favorite, like 61-year-old Paradise Hotel in Paradise Circle; Shadab Hotel near Madina Circle in the old city; or the bustling Cafe Bahar inside the Old MLA Quarters.

BANGALORE STAY

at the ITC Windsor (itchotels.in). **EXPLORE** Cubbon Park, built by the British in the 1800s, then **EAT** rava idli, a variation of the steamed lentil-



flour dumplings made with semolina flour and served with coconut chutney at Mavalli Tiffin Rooms (mavallitiffinrooms.com).

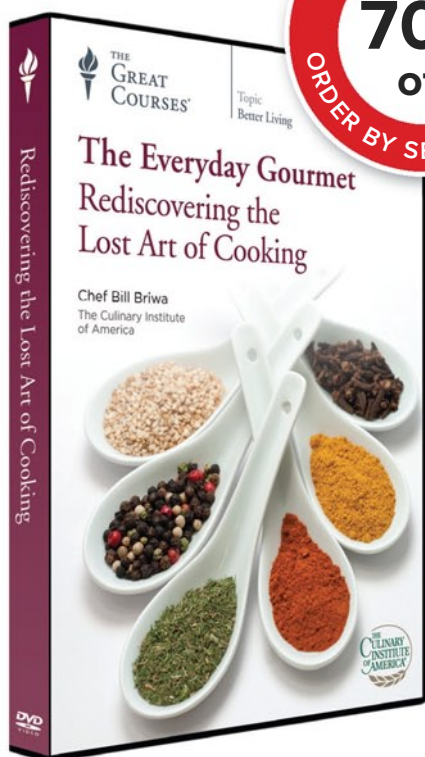
KOZHIKODE STAY at Vivanta by Taj Malabar (vivantabytaj.com), then **SHOP** for Kanchipuram silk at Nalli (nallisilks.com), open since 1928. Sip toddy, fermented palm sap, and **EAT** karimeen pollichathu, fried pearl spot fish slathered in garlic-chile paste, and refried in a banana leaf, at Mullapantahal Toddy Shop (mullapantahal.in). See itineraries and more at SAVEUR.COM/INDIA

CHENNAI: DOSA CITY

Chennai, formerly called Madras, is famous for its dosas, fermented lentil and rice crêpes (see page 72 for recipe), made and enjoyed here like no place else. Explore south India's favorite snack at hotels, street stalls, and historic haunts. **WOODLANDS** (chennaiwoodlands.blogspot.com), which claims to have invented the spiced potato-filled masala dosa in the 1930s, now serves 24 other varieties, from the *sada*, or plain, dosa, to specials like the Chettinadu dosa, made with coconut, peppercorns, peanuts, and garlic paste. **RAYAR'S MESS** (31 Arundale Street), a ramshackle 60-year-old side-alley shop, was once a famous hangout for Indian actors when India's film industry was centered here. While its stardust days are over, it still serves a mean rava dosa, a semolina version served with chopped red onion. Behind the **PONDY BAZAAR** is a nameless stall serving *nei podi dosai*, a dosa soaked in ghee and sprinkled with a peppery spice blend known as gunpowder.

Celebrate the Harvest Pongal, a harvest festival, takes place in Tamil Nadu in January. To witness the ritual cattle washing and decoration, and enjoy the namesake sweetened rice porridge at a Pongal banquet, contact kensingtontours.com.

A waiter delivers chai to customers in a south Indian tea shop.



Master the Art of Cooking with The Culinary Institute of America

Have you ever wished you could skip the restaurant and make your favorite gourmet dishes at home? You can—regardless of your level of expertise. All it takes is a clear understanding of the fundamentals and the right teacher to show you how.

The Everyday Gourmet: Rediscovering the Lost Art of Cooking offers you both with 24 methodical, hands-on lessons delivered by a chef-instructor at the world-renowned Culinary Institute of America. A veteran of professional kitchens, Chef Bill Briwa has devoted his career to educating audiences around the globe about the craft of cooking, gastronomy, and flavor dynamics. In this course, he reveals the culinary secrets of CIA-trained chefs and arms you with the major techniques all good cooks must know. It's a must-have for anyone who loves to cook—or eat.

Offer expires 09/27/14

THEGREATCOURSES.COM/4SAVR

1-800-832-2412

The Everyday Gourmet: Rediscovering the Lost Art of Cooking

Taught by Chef-Instructor Bill Briwa
THE CULINARY INSTITUTE OF AMERICA

LECTURE TITLES

1. Cooking—Ingredients, Technique, and Flavor
2. Your Most Essential Tool—Knives
3. More Essential Tools—From Pots to Shears
4. Sauté—Dry-Heat Cooking with Fat
5. Roasting—Dry-Heat Cooking without Fat
6. Frying—Dry-Heat Cooking with Fat
7. From Poach to Steam—Moist-Heat Cooking
8. Braising and Stewing—Combination Cooking
9. Grilling and Broiling—Dry-Heat Cooking without Fat
10. Stocks and Broths—The Foundation
11. The Stir-Fry Dance—Dry-Heat Cooking with Fat
12. Herbs and Spices—Flavor on Demand
13. Sauces—From Beurre Blanc to Béchamel
14. Grains and Legumes—Cooking for Great Flavor
15. Salads from the Cold Kitchen
16. Eggs—From the Classic to the Contemporary
17. Soups from around the World
18. From Fettuccine to Orecchiette—Fresh and Dry Pastas
19. Meat—From Spatchcocked Chicken to Brined Pork Chops
20. Seafood—From Market to Plate
21. Vegetables in Glorious Variety
22. A Few Great Desserts for Grown-Ups
23. Thirst—The New Frontier of Flavor
24. Crafting a Meal, Engaging the Senses

The Everyday Gourmet:
Rediscovering the Lost Art of Cooking
Course no. 9231 | 24 lectures (30 minutes/lecture)

SAVE \$190

DVD ~~\$269.95~~ NOW \$79.95

+\$10 Shipping, Processing, and Lifetime Satisfaction Guarantee
Priority Code: 100254

For 24 years, The Great Courses has brought the world's foremost educators to millions who want to go deeper into the subjects that matter most. No exams. No homework. Just a world of knowledge available anytime, anywhere. Download or stream to your laptop or PC, or use our free mobile apps for iPad, iPhone, or Android. Over 500 courses available at www.thegreatcourses.com.

Aloo Masala*(South Indian Masala Potatoes)*

SERVES 4-6

Mashed spiced potatoes (pictured below) often fill *dosas* (south Indian fermented lentil and rice crêpes; see below for recipe).

- 2 lb. Yukon Gold potatoes
- 1/4 cup canola oil
- 1 tsp. black mustard seeds
- 1/2 tsp. asafoetida
- 1/2 tsp. fenugreek seeds
- 20 fresh or frozen curry leaves
- 4 cloves garlic, chopped
- 3 small green Thai chiles or 1 serrano, halved
- 1 large yellow onion, roughly chopped
- 1/2 cup frozen peas
- 1 1/2 tbsp. ground coriander
- 1 tsp. ground turmeric
- 1 2" piece ginger, peeled and grated
- Kosher salt, to taste
- 1/3 cup chopped cilantro

Cook potatoes in boiling water until just tender, 25-30 minutes; drain, peel, and cut into 2" pieces. Heat oil in a 6-qt. saucepan over medium-high. Cook mustard seeds until they pop, 1-2 minutes. Add asafoetida, fenugreek seeds, and curry leaves; cook 1 minute. Add garlic, chiles, and onion; cook until golden, 8-10 minutes. Add potatoes, the peas, coriander, turmeric, ginger, salt, and 1/2 cup water; boil. Reduce heat to medium-low; cook, covered, until potatoes are tender, 8-10 minutes. Uncover and stir, mashing lightly; cook until slightly dry, 4-5 minutes. Stir in cilantro.

Beetroot Thoran*(South Indian Beet Stir-Fry)*

SERVES 4-6

Tender beets are spiced with chiles and turmeric in this vibrant dish from Kerala (pictured on page 67).

- 1 1/2 lb. beets, peeled and cut into 1/4" pieces
- 1/2 tsp. ground turmeric

- 2 small green Thai chiles or 1 serrano, halved
- 1 small red onion, minced
- 1/3 cup fresh or frozen grated coconut
- 1 tbsp. coconut or canola oil
- 12 fresh or frozen curry leaves
- Kosher salt, to taste

Bring beets, turmeric, chiles, onion, and 1 cup water to a boil in a 4-qt. saucepan. Reduce heat to medium; cook, covered, until beets are just tender, about 20 minutes. Uncover and stir in



Clockwise from top left: palakoora vepadu, Andhra-style sautéed spinach; koli milagu masala, Chettinad pepper chicken; Smita Chandra's rasam, spicy tamarind soup; and aloo masala, south Indian masala potatoes.

coconut, oil, curry leaves, and salt; cook, stirring occasionally, until mixture is slightly dry, 8-10 minutes.

✶ Dosas*(South Indian Fermented Lentil and Rice Crêpes)*

MAKES ABOUT 24 DOSAS

When preparing this recipe (pictured on page 63) it's important to spread the batter quickly, from the center of the pan to the edges, to ensure wide, thin, and evenly cooked crêpes.

- 3 cups long grain white rice
- 1 1/4 cup urad dal (skinned split black lentils)
- 1/4 cup chana dal (yellow split peas)
- 2 tbsp. kosher salt
- 1 tsp. sugar
- Melted ghee, for cooking
- Masala potatoes, for serving (see recipe at left; optional)
- Coconut and coconut-cilantro chutneys, for serving (see recipes on pages 74 and 54; optional)



1 Rinse rice and dals in a bowl until water runs clear; cover with 8 cups water and let sit 3 hours. Strain mixture through a fine-mesh sieve; transfer to a blender. Add 3 1/2 cups water and purée until smooth to create a slightly thick, grainy batter. Cover; let sit at room temperature 6 hours to ferment.

2 Heat a 12" nonstick skillet over medium-high. Stir salt and sugar into batter. Brush skillet lightly with ghee. Using a ladle, pour 1/2 cup batter into center

of pan. Immediately and in a circular motion, spread batter from center toward edge of pan, creating a thin pancake (some holes are fine). Drizzle 1-2 tbsp. ghee around edges and on surface of dosa. Cook until golden and crisp, 3-4 minutes. Slide spatula around edges of dosa and fold in half; slide onto a plate. Repeat with remaining batter, brushing skillet with ghee between dosas. Serve with masala potatoes and chutneys if you like. Leftover batter can be chilled 1 week or frozen up to 3 months.

Khatti Dal*(Hyderabadi-Style Lentil Stew)*

SERVES 4

A *tarka*, fried spices and aromatics, is stirred into this soupy dal (pictured on page 66), a specialty of Hyderabad.

- 1 cup toor dal (yellow pigeon peas), rinsed, soaked 30 minutes, and drained
- 1/4 tsp. ground turmeric
- 3 tbsp. chopped cilantro
- 1 tsp. tamarind paste (see "Making Tamarind Paste," page 56)
- 1/4 tsp. red chile powder, such as cayenne
- 12 fresh or frozen curry leaves
- 7 cloves garlic, 1 mashed into a paste, 6 peeled
- 2 plum tomatoes, peeled and minced
- 2 small green Thai chiles, or 1 serrano, thinly sliced
- 1 1/2" piece ginger, peeled and grated
- Kosher salt, to taste
- 3 tbsp. canola oil
- 1/2 tsp. cumin seeds
- 1/4 tsp. brown mustard seeds
- 3 chiles de árbol

Bring dal and 8 cups water to a boil in a 6-qt. saucepan. Reduce heat to medium; stir in turmeric and cook until dal is mushy, about 45 minutes. Stir in cilantro, tamarind paste, chile powder, curry leaves, garlic paste, tomatoes,



THE YEAR'S SWEETEST TASTE

In recent decades, the farmlands of Molasur near my home in Tamil Nadu have lapsed to colleges and concrete. Yet, the January harvest festival, Pongal, endures. For it, the Reddiar family, whose ancestors ruled 85 villages here, hosts 5,000 locals for a vegetarian feast: sautéés of broad beans, yams, pumpkin, and banana; peppery *rasam* (see page 74 for recipe); and, best, *sakkarai pongal* (see page 74 for recipe). Made with the season's first rice and milk mixed with jaggery, raisins, and cashews, this annual pudding is so enticing that no one waits to eat it. Between bites of the savory dishes, it is scooped up by hand and relished.

—Akash Kapur, author, *India Becoming* (Penguin-Riverhead, 2012)

Bowls of *sakkarai pongal* (see page 74 for recipe), a traditional dish served during the south Indian harvest festival of Pongal.

sliced chiles, ginger, and salt; boil. Reduce heat to medium; cook until slightly thickened, about 15 minutes. Heat oil in an 8" skillet over medium-high. Cook cumin and mustard seeds until they pop, 1–2 minutes. Add peeled garlic and the chiles de árbol; cook until garlic is golden, 6–8 minutes, and stir into stew.

★ Koli Milagu Masala (Chettinad Pepper Chicken)

SERVES 4

This spicy chicken dish (pictured on page 72) is adapted from a recipe in Madhur Jaffrey's *Flavors of India* (West 175 Publishing, 1995).

- 1 2½–3-lb. chicken or 2-lb. boneless, skinless chicken thighs
- ¼ cup canola oil
- 3 tbsp. coriander seeds
- 1½ tsp. cumin seeds
- 1½ tsp. fennel seeds
- 1½ tsp. urad dal (skinned split black lentils), rinsed, soaked 30 minutes, and drained
- 10 fresh or frozen curry leaves
- 3 Indian or regular bay leaves
- 3 whole cloves
- 1 stick cinnamon, halved
- 1 tsp. ground cardamom
- ½ tsp. ground turmeric
- 5 cloves garlic, mashed into a paste
- 1 large yellow onion, minced
- 1 2" piece ginger, peeled and mashed into a paste
- Kosher salt, to taste
- 2 plum tomatoes, minced
- 1½ tbsp. coarsely ground black pepper
- ¼ cup chopped cilantro
- Cooked white rice, for serving (optional)

1 Cut chicken into 18 pieces: Cut chicken into 8 pieces; cut drumsticks, thighs, and wings in half and breasts crosswise into thirds.

2 Heat oil in a 12" nonstick

skillet over medium-high. Cook coriander, cumin, and fennel seeds, dal, curry and bay leaves, cloves, and cinnamon until dal are golden, 2–3 minutes. Stir in cardamom, turmeric, garlic, onion, and ginger; cook until slightly caramelized, 6–8 minutes. Add tomatoes; cook until broken down, 4–5 minutes. Add chicken and ½ cup water; boil. Reduce heat to medium-low; cook, covered, until chicken is cooked through, about 25 minutes. Uncover and increase heat to medium-high. Stir in pepper; simmer until slightly thickened, 3–4 minutes. Garnish with cilantro; serve with rice if you like.

Palakoora Vepadu (Andhra-Style Sautéed Spinach)

SERVES 2–4

Fresh spinach is sautéed with a host of aromatics in this dish from southeastern India (pictured on page 72).

- ¼ cup canola oil
- 1 tsp. cumin seeds
- ¼ tsp. fenugreek seeds
- 12 fresh or frozen curry leaves
- 9 cloves garlic, 3 halved lengthwise, 6 minced
- 1 large yellow onion, minced
- 1 tsp. ground coriander
- 1 tsp. red chile powder, such as cayenne
- ½ tsp. ground turmeric
- 1 2" piece ginger, peeled and grated
- Kosher salt, to taste
- 3 lb. baby spinach

Heat oil in a 12" nonstick skillet over medium-high. Cook cumin seeds until they pop, 1–2 minutes. Add fenugreek seeds, curry leaves, and halved garlic; cook until fragrant, about 1 minute. Add onion; cook until golden, 10–12 minutes. Add minced garlic, the coriander, chile powder, turmeric, ginger, and salt; cook until garlic is golden, 2–3 minutes. Stir in spinach; cook until wilted and slightly dry, 6–8 minutes.

Sakkarai Pongal

(Tamil-Style Sweet Rice Pudding)

SERVES 4

Cashews and raisins adorn this rice pudding (pictured on page 73), traditionally served at Pongal, a south Indian harvest festival.

- 1 cup long grain white rice, rinsed
- ¼ cup moong dal (dried mung beans), rinsed, soaked 30 minutes, and drained
- 3 cups whole milk
- 1 stick cinnamon
- ¼ cup ghee
- ½ cup cashew halves
- 3 tbsp. golden raisins
- 1¼ cups grated jaggery or brown sugar
- 2 tsp. ground cardamom

Bring rice, dal, and 4½ cups water to a boil in a 4-qt. saucepan. Reduce heat to medium; cook until rice is tender, 12–14 minutes. Add milk and cinnamon; cook, stirring occasionally to prevent scorching, until dal is mushy, 20–22 minutes. Melt ghee in an 8" skillet over medium-high; cook cashews and raisins until raisins are plump, 2–3 minutes. Stir into rice with jaggery and cardamom; cook, until jaggery is melted and pudding is slightly thickened, 3–4 minutes. Serve warm or at room temperature.

Smita Chandra's Rasam (Spicy Tamarind Soup)

SERVES 4

Cookbook author Smita Chandra developed the recipe for this soupy south Indian dish (pictured on page 72).

- 2 tbsp. toor dal (yellow pigeon peas), rinsed, soaked 30 minutes, and drained
- ½ tsp. ground turmeric
- 6 plum tomatoes, chopped
- Kosher salt, to taste
- 2 tsp. rasam powder
- 2 tsp. tamarind paste (see "Making Tamarind

Paste," page 56)

- 1 tsp. ground black pepper
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- ½ tsp. red chile powder, such as cayenne
- 2 tbsp. canola oil
- ¼ tsp. black mustard seeds
- ¼ tsp. cumin seeds
- ¼ tsp. fenugreek seeds
- 15 fresh or frozen curry leaves
- 2 chiles de árbol, stemmed
- 2 cloves garlic, minced

Bring dal, turmeric, tomatoes, salt, and 5 cups water to a boil in a 4-qt. saucepan. Reduce heat to medium-low; cook until dal is mushy, about 45 minutes. Stir in rasam powder, tamarind paste, black pepper, coriander, cumin, and chile powder; cook 5 minutes. Heat oil in an 8" skillet over medium-high. Cook mustard, cumin, and fenugreek seeds, curry leaves, and chiles de árbol until seeds pop, 1–2 minutes. Add garlic; cook until golden, 3–4 minutes, and stir into soup.

Thengai Chutney (Coconut Chutney)

MAKES 2 CUPS

This ivory-colored, nutty-flavored chutney (pictured on page 63) is traditionally served with dosas, (south Indian fermented lentil and rice crêpes; see page 72 for recipe). To make it, rinse and soak 2 tbsp. chana dal (yellow split peas) 30 minutes. Drain and place in a spice grinder; grind into a paste and transfer to a food processor. Add 1 cup fresh or frozen grated coconut, ½ cup water, 2 tsp. fresh lime juice, and 2 small stemmed green Thai chiles or 1 serrano; purée until smooth and transfer to a bowl. Heat 2 tbsp. canola oil in an 8" skillet over medium-high. Cook ½ tsp. black mustard seeds until they pop, 1–2 minutes; stir into chutney.

For hard-to-find ingredients, see PANTRY, page 94.



SAVEUR

brings you the best recipes,
travel ideas, techniques,
cocktails, and more.

For more SAVEUR where
you are and when you want it:

VISIT **SAVEUR.COM**

 "LIKE" US ON **FACEBOOK**

 FOLLOW US ON **TWITTER**



TRAVEL THE WORLD. TASTE THE EXPERIENCE.

WorldMags.net

North



EVEN FOUR MILLENNIA ago, inhabitants of the north's fertile Indus Valley enjoyed ingredients that characterize the cooking of the region now: cereals and basmati rice, pulses, dairy, spices like mustard and fenugreek. Across the growing fields of Uttar Pradesh and eastern Rajasthan, northward through the Punjab, and up into mountainous Kashmir, ancient cooking techniques survive, too. Breads bake inside clay tandoor ovens, and spiced meats, such as the chile-brothed lamb dish *mirchi gorma* (see page 88 for recipe), simmer atop wood fires. Invaders added to the cuisine: Alexander brought cumin, fennel, and coriander from the Mediterranean, and the Mughals, from Central Asia, introduced toothsome kebabs and dishes, like the syrup-soaked royal toast (see page 89 for recipe), lavished with dried fruits or nuts, and the saffron that thrives in Kashmir's Himalayan foothills.



Nusrat Ali, driver of the Raja Sulaiman Khan, takes a break from the day's duties at Khan's sprawling palace in Mahmudabad in Uttar Pradesh.

ARIANA LINDQUIST

JOIN US FOR AN

Unforgettable Culinary Trip to India

Hosted by
Editor-in-Chief
James Oseland



Inspired by the pages of this special issue, you have the opportunity to experience India through the SAVEUR lens alongside its Editor-in-Chief, James Oseland.

The Editors have handpicked key cities, luxurious accommodations, and intimate, local activities designed to showcase this extraordinary culinary destination.

Timing: March 2015

Limited availability.

FOR DETAILS AND BOOKING INFORMATION VISIT: SAVEUR.COM/TRIPS

AMID THE FLOCK

Harvest season had begun in Rajasthan. Mustard, chickpeas, and okra were ripening in fields beside the Aravalli mountains. Bullock carts trundled wheat sheaves to a threshing ground. Girls pumped drinking water into clay pots at a temple well. A boy pushed along a tire with a stick, firewood balanced atop his head. And after a day of prodigious heat, an elderly goatherd from the Rabari tribe turned his flock homeward. These nomads traversed the Thar Desert on camels for more than a thousand years; many have since settled in villages. "What are you doing here?" he asked, bemused by the appearance of an outsider on the road into his house, as animals pressed around us. In India, there is a saying, often quoted from the Mahabharata: *atithi devo bhava*, the guest is god. Soon the goatherd was lounging on a rope cot as his married daughters in saffron saris pulled me into their kitchen courtyard. Excited children gathered. Fires were lit. Dough was rolled. Chai was offered in clay cups. Meals in rural Rajasthan are shaped by the sere landscape, so the same rustic goat stew, heavy with black cardamom, cinnamon, chiles, and garlic, will be served in a mud-caked hut as well as a prince's hunting tent. But it was precious ghee lavished on a single fire-singed flatbread, obviously all they could spare, that was the sign of a devout generosity to a stranger on their doorstep. —Shane Mitchell, *SAVEUR* contributing editor





Kitchen Assistants

Although dishes and ingredients vary widely from one region of India to another, there are particular tools that nearly all Indian cooks—restaurant chefs, street vendors, home cooks—cannot do without.

Degchi, bulbous pots fashioned from clay, tinned copper, or iron, are designed to nestle into concave openings in stoves, where their rounded bottoms are swathed in fire from burning wood, charcoal, or dried cow dung.

Lest anyone get burned on those live flames, a pair of long-handled metal tongs, called **pakkad**, are always at the ready for grasping *degchi* and other vessels and moving them onto and away from the fire. The Indian

wok, or **karahi**, has a set of handles for maneuvering it into position atop the heat. Though traditionally made of cast iron, *karahis* today may be formed from stainless steel, copper, or a nonstick material. All of them are used to simmer stews, fry spices, or deep-fry foods like the stuffed pastries called *samosas* (see page 36 for recipe). When deep-frying, the metal perforated spatula called

jaleedar karchi is useful for turning and removing items, as the hot oil drains out the holes. To prepare whole wheat chapatis (see page 54 for recipe) and other unleavened flatbreads, as well as the south's fermented lentil and rice *dosas* (see page 72 for recipe), cooks use a **tawa**,

a large, slightly concave griddle with a long, covered handle. The dough for chapatis is rolled out with a traditional **chakla** and **belan**; this

small, round board and sturdy rolling pin are quite heavy, making for stable rolling. To grind herbs and spices, Indians squat on the floor over a **sil-batta**, rolling the cylindrical *batta* grinding stone across the flat *sil*, whose rough-hewn surface helps crack seeds and break down tough plant fibers.

—Farideh Sadeghin



PERFECT UNION

It is May, wedding season in Kashmir, and I am sitting on the carpeted floor of a house in Srinagar while, all around me, women are chanting: *She is so beautiful. She looks like a doll. She's going to a rich house.* They are singing about the bride, Shafia Jeelani, an acquaintance of mine. We are all gleeful, not just for Shafia, but because we're about to dine like queens. Out in the courtyard, Khurshid Khan is sorting cuts of meat. Tall and intense, Khan is a *waza*, a caterer whose occupation has been handed down through ten generations. He specializes in the elaborate meal called a *wazwaan*, undertaken for auspicious occasions such as marriage. His repertoire encompasses 36 courses, nearly all of them lamb. Nearby, his army of cooks tends to copper pots bubbling over blazing logs. They stir stews like *mirchi qorma*, lamb shoulder swimming in a vermillion chile broth (pictured at right; see page 88 for recipe), or splash mustard oil to fry *shami* kebab patties stuffed with onion and ginger (see page 89 for recipe). Others wield mallets, pounding shank meat to a paste for the springy meatballs called *ghush-taba*, whose appearance in a rich, yogurt-based gravy later in the evening will signal the end of the banquet. Then guests will file out toting decorative plastic bags bought at a bridal shop and distributed empty at the start of the feast, bulging now with the *wazwaan's* abundant leftovers, an obligatory parting gift from the hosts. —Betsy Andrews

Rifat Sadiq dances at a party for the bride, her cousin-in-law Shafia Jeelani, in Srinagar, Kashmir. Facing page: Kashmiri lamb in chile sauce (see page 88 for recipe).



Just Before Dawn

In the wee hours of the morning, while darkness still swaddles Dal Lake, which seeps into the porous edges of the old quarter of Srinagar, the call to prayer beckons worshippers to mosque. No sooner are the observant roused than the birds awaken to pour their songs across the water. It is at this hour that the 50,000 Kashmiris who live on Srinagar's lakes—in houseboats and on man-made islands—gather in their narrow wooden vessels to haggle at the floating market. Much of what they sell or trade—kohlrabi, whose greens Kashmiris love; lotus root, which gets simmered in yogurt sauce for the remarkable dish called *nadru yakhni* (see page 88 for recipe)—they grow themselves on buoyant gardens they can tow from spot to spot. Other produce has been brought from shore, trucked up from warmer parts south. But no matter their cargo, it is these water-wise marketeers who, at dawn's first light, truly witness Kashmir as the "heaven on earth" that the 17th-century Mughal ruler Jahangir famously dubbed it. As the sun rises, illuminating the snowy caps of the nearby Himalayas, the men, wearing woolen tunics to ward against the cold, conclude their business. Using long paddles, they maneuver their boats, called *shikaras*, along the lake's western edge and through the canals of a city that is beginning its new day. —B.A.



A vendor navigates his cargo of kohlrabi through the market on Dal Lake in Srinagar, Kashmir.



CREATING COMMUNITY

CULTIVATING TALENTED CULINARY ENTREPRENEURS TO MAKE A LIVING DOING WHAT THEY LOVE.



Rasoi

HEENA PATEL

A native of Gujarat, India, Heena Patel has been cooking for as long as she can remember. She and her husband emigrated from England to California to fulfill their American Dream and opened two successful businesses, which they later sold due to the flagging economy. However, Patel cites this obstacle as a blessing in disguise, as she was then able to turn her 30-year passion for food into reality. Patel opened Rasoi ("kitchen" in Gujarati) in the Bay Area, with the dream of becoming the number one mobile vendor of her native Gujarati Indian food. These days, she replicates her original recipes including Pav Bhaji (roasted vegetable stews), Gulab Jamuns (Indian doughnuts), and Kachori (deep-fried dumplings), all with outstanding adherence to tradition. Thinking of her native Gujarat, Heena comments, "I'm excited to fill the void of Gujarat cuisine in mobile food. With my husband and the La Cocina family lending a helping hand, we want people to feel like they are traveling the world. Rasoi will be a great addition."

www.rasoikitchen.strikingly.com



Zella's Soulful Kitchen

DIONNE KNOX

Zella's Soulful Kitchen is a tribute to Dionne Knox's grandmother, who taught her the value of a great meal. Knox baked and cooked alongside her grandmother and attributes the decision to transition into the culinary world to her—serving home-cooked meals in her grandmother's name. Dionne's grandmother showed her the importance of cooking with the freshest ingredients and taught her that a great meal is the perfect setting for gathering loved ones together. Chef Dionne brought this philosophy to life when she started Zella's Soulful Kitchen in 2005, leaping into Zella's full-time as a full service catering company. She has quickly expanded her business, now serving prepared foods at Whole Foods Market hot bars. These days, Dionne is gearing up to launch her own deli space at Mandela Food Cooperative in West Oakland, offering high-quality, healthy, impeccably handcrafted Southern and American comfort food while developing an employment program for at-risk youth. "It's such a blessing to have the opportunity to combine two things that I'm most passionate about: sharing my grandmother's dishes with others and working with young people. It's what inspires me and yields tasty results!"

www.zellassoulfulkitchen.com



El Buen Comer

ISABEL CAUDILLO

While growing up in Mexico City, Isabel Caudillo blushing confesses that she did not always enjoy cooking. Trained in the craft by watching her mother in the kitchen, it was not until her move to the U.S. in 2003 that she began to appreciate cooking for friends and family. From a restaurant erected in her living room, word of Caudillo's delicious Mexican cuisine spread and laid the foundation for a thriving business. After seeing a TV interview with Verónica Salazar, chef and owner of El Huarache Loco and the first La Cocina participant to open a restaurant, Caudillo joined La Cocina's program on a mission to open her own restaurant beyond the walls of her living room. Today, Isabel runs a successful catering business around the Bay Area and is a farmer's market favorite. In 2014, she'll be opening her own restaurant after 11 years in business in San Francisco's booming Bernal Heights neighborhood, serving her famous tostadas con nopales (crispy tortillas topped with cactus), cazuelas, and moles.

www.elbuencomersf.com

La Cocina and the Mission District

La Cocina is a non-profit incubator kitchen that cultivates low income food entrepreneurs as they formalize and grow their business by providing affordable commercial kitchen space, industry-specific technical assistance and access to market opportunities. With your support we can continue to create a supportive, inclusive and delicious community. lacocinasf.org

Join La Cocina for the 6th Annual San Francisco Street Food Festival, August 16, the last year on Folsom Street. Visit SFStreetFoodFest.com for details.

SOUL OF THE PALACE

DIGNIFIED AND animated, my friend Sulaiman Khan, the raja of Mahmudabad, opens an Urdu dictionary and reads me the definition of *masala*: “things conducive to good; occupations; honor, glory; ingredients; spices; a border of a garment such as gold or silver lace.” He could be describing the courtly culture of his ancestors, Arab nobility that ruled Mahmudabad, 35 miles from Lucknow, from the 16th century until 1947, when Sulaiman was a child. That’s when Independence and the Partition of India and Pakistan changed the fate of the Muslim aristocracy, including the Khans.

Although the court is long gone, some of its culture, especially its cuisine, lives on. Lavished with ghee and flavored with costly masalas, it is food that once displayed the wealth and generosity of the nobility. At his deteriorating yet grand palace, Sulaiman still occasionally entertains. Today he has promised a banquet. For hours, his chef, Afzal Ahmad, cooks outside in a courtyard. He layers tender goat leg and whole chicken thickly with spices and scents them with flowery screw-pine essence. He fries bread until it’s crisp, soaks it in saffron-infused cream, and tops it with shimmering silver leaf for *shahi tukra*, royal toast (see page 89 for recipe). A sumptuous feast for a small gathering of guests, it is one of the ways that Sulaiman maintains his noble culture. As Ahmad tends wood fires, imbuing dishes with smoke, Sulaiman quotes lines from the 18th-century poet Mir Taqi Mir: “Where is the smoke originating from? Is it from the heart, or the soul?”

—Holly Shaffer, freelance writer





Clockwise from top left: the palace of Sulaiman Khan, raja of Mahmudabad; Khan in his library; *shahi tukra*, royal toast (see page 89 for recipe), infused with saffron and topped with almonds and silver leaf; chef Afzal Ahmed (center) helps set the table for a banquet.





Ajay Jain's son, Akasat, with chickpea fritters in curry (see page 88 for recipe).

Good Karma

Ajay Jain is one of India's nearly 5 million Jains, adherents of the belief that good karma—the kind that releases the soul from rebirth and leads it to Nirvana—can be attained only through non-violence. Jains are such strict vegetarians that they won't eat garlic or onions, lest these roots harbor tiny insects that Jains hope not to harm. This doesn't mean that Jain food is bland. When I lunched at Ajay's Lucknow home, I was enraptured by the flavors. Cooking over a hot plate, Ajay's mother, Shashi, and his wife, Neelan, whipped up okra pungent with asafoetida, potatoes heaped in lip-smacking green mango powder, dal bittersweet with fenugreek. Then they turned to the curry. Soupy, sun-bright with turmeric, and snappy with mustard seeds, it held airy chickpea fritters (see page 88 for recipe). "At the end of lunch, a sweet is a must," said Ajay's dad, Ramesh, as assuredly as he'd described the Jain way of avoiding "the sins of worldly things." The *laddos* he offered, crumbly bonbons of buttery chickpea flour, were a worldly pleasure indeed, but a prescribed one. They "make digestion very easy," he said, biting into one with relish. —B.A.

TRAVEL GUIDE NORTH INDIA

DELHI

STAY at the Lodhi (thelodhi.com), the elegant Taj Palace, or the Taj Mahal New Delhi (tajhotels.com) where Varq restaurant serves fine Indian fusion food. **SHOP** for saris and cookware at Khan Market. **EXPLORE** old Delhi with Kensington Tours (kensingtontours.com) or Cox & Kings (coxandkings.com).



Langar, free lunch, at Delhi's Sikh temple.

Pop into 113-year-old Chaina Ram for the city's best sweets, and stroll Khari Baoli, Asia's biggest

spice market. Pamela Timms' eatanddust.com is a great guide to the area's street foods. **EXPERIENCE** langar, the giving of food, at the Gurudwara Bangla Sahib Sikh temple (dsgmc.in), where tens of thousands are fed daily. **EAT** at chef Manish Mehrotra's cutting-edge Indian Accent (indianaccent.com).

LUCKNOW

STAY at Vivanta by Taj (vivantabytaj.com) or the affordably priced Hotel Lineage (hotellineage.com). **EXPLORE** old Lucknow with Waltz Tours & Travels (waltzindia.com) to **EAT** kebabs at Tundey, the rich beef stew *nihari* at Rahim's Hotel, Prakash's *kuffi*, and Sharma's morning cream buns and chai.

KASHMIR

When visiting the Himalaya-ringed state of Jammu and Kashmir, **STAY** on the luxe Sukoon Houseboat (sukoonkashmir.com). **EXPLORE** Srinagar's ancient canals and floating market in a *shikara* with the help of Kashmir Caravans (kashmircaravans.com), whose proprietor also owns the boutique called Andraab. **SHOP** there for exquisite pashmina throws and scarves. For more rustic but equally beautiful woollens, **TRAVEL** northward to Pahalgam, where the shop called Almirah at the Pahalgam Hotel sells embroidery by Gujar and Bakarwal herdspeople. For the best taste of traditional Kashmiri cuisine, **EAT** at Adhoo's in old Srinagar.

ARIANA LINDQUIST (2)

SAVEUR MENU

A GUIDE TO EVENTS, PROMOTIONS & PRODUCTS



Mahatma and Carolina Basmati Rice

Discover an authentic treasure in taste from India, Basmati Rice. The long grain slender rice is longer than wide and, when cooked, the grains continue to grow in length while staying firm, separate, and fluffy, with a nutty appetizing aroma. Basmati Rice is preferred by professional chefs, is gluten free, and is known for its natural nut-like flavor.

» Visit mahatmarice.com or carolinarice.com for great tasting Basmati Rice recipes



Kalamazoo Grills

Neapolitan-style pizza is always close at hand with the Kalamazoo Artisan Fire Pizza Oven. Old-world forni heat is combined with gas-fired simplicity. Master the art of pizza.

» Visit KalamazooGourmet.com

Made with
real fruit
Newtons
ONE UNIQUE COOKIE

Newtons. One Unique Cookie.

Ever since the first Fig Newtons were made over a century ago, we've been one unique cookie. And we've been breaking the mold ever since by offering you more flavor choices made with real fruit and whole grain, like our Triple Berry, Strawberry, Baked Apple Cinnamon and Blueberry varieties.

» Visit snackworks.com



San Francisco Street Food Festival

SAVEUR and La Cocina are celebrating street food culture with eight mouth-watering blocks of food for a final year on Folsom St. From local La Cocina entrepreneurs to James Beard Award winners, this event is one you must taste to believe. Entrance is free and tasting passports are available on the website for savings on bites and beverages. Saturday, August 16, 2014.

» Visit sfstreetfoodfest.com



World-Class Experiences

Plan your next extraordinary travel experience with the SAVEUR Travel Advisory Board. Our Virtuoso-affiliated travel advisors have connections with the best hotels, cruise lines, airlines, and tour companies. For you, this means access to exclusive offers that you can't get on your own, along with your best value for your travel investment.

» Visit SAVEUR.com/PlanATrip



Blueberry Fruit Chewy cookies contain 7g of whole grain per 29g serving. Naturally Flavored.

Blueberry Brown Sugar Fruit Thins cookies contain 8g of whole grain per 31g serving. Naturally Flavored.



Lotus root in yogurt sauce (see recipe below).

Besan Curry

(Chickpea Fritters in Curry)

SERVES 4-6

This Jain-style curry (pictured on page 86) pairs airy chickpea fritters with a creamy, tangy sauce.

- Canola oil, for frying
- 1 1/4 cups besan (chickpea flour)
- 1 tsp. cumin seeds
- 1/2 tsp. asafoetida
- 1/2 tsp. black mustard seeds
- 1/2 tsp. fenugreek seeds
- 1/2 tsp. ground turmeric
- 1/2 tsp. white poppy seeds
- 2 cups plain, full-fat yogurt
- Kosher salt, to taste

Heat 2" oil in a 6-qt. saucepan until a deep-fry thermometer reads 350°. Stir 1 cup chickpea flour and 1 cup water in a bowl to make a batter. Working in batches, fry tablespoon-size amounts of batter until puffed, 4-6 minutes; transfer fritters to paper towels. Discard all but 3 tbsp. oil from pan; return to medium-high. Cook cumin seeds, asafoetida, mustard seeds, fenugreek seeds, turmeric, and poppy seeds until seeds pop, 1-2 minutes. Whisk remaining flour, the yogurt, salt, and 3 cups water in a bowl; add to pan, along with fritters. Cook until thickened, 15-20 minutes.

Bhindi Masala

(North Indian Okra Stir-Fry)

SERVES 4

Okra is cooked until crisp for this dish flavored with garam masala (pictured on page 89).

- 1/2 cup canola oil
- 12 cloves garlic, thinly sliced
- 4 chiles de árbol, chopped
- 1 small red onion, sliced
- 1 lb. okra, sliced 1/3" thick
- 1 1/2 tbsp. garam masala (see page 35 for recipe)
- 1 tbsp. ground coriander
- 1 plum tomato, chopped
- Kosher salt, to taste

Heat oil in a 12" skillet over medium-high. Cook garlic, chiles, and onion until golden, 4-6 minutes. Add okra, garam masala, coriander, tomato, salt, and 1/3 cup water; cook until okra is crisp-tender, 3-4 minutes.

Mirchi Qorma

(Kashmiri Lamb in Chile Sauce)

SERVES 4-6

Tender lamb simmers in a fiery sauce in this recipe from Adhoo's in Srinagar, Kashmir (pictured on page 81).

- 6 dried Kashmiri chiles or pasilla chiles, stemmed
- 2 small red Thai chiles or 1 red jalapeño, stemmed



Spiced ground beef patties (see page 89 for recipe).

- 2 lb. lamb shoulder, trimmed and cut into 2" pieces
- 1 tbsp. black peppercorns
- 4 green cardamom pods
- 1 stick cinnamon
- 1/4 cup canola oil
- 1 tsp. kala jeera (black cumin seeds)
- 10 cloves garlic, mashed into a paste
- 2 Indian or regular bay leaves
- 1/4 cup tamarind paste (see "Making Tamarind Paste," page 56)
- 3 tbsp. dried mint
- 1 tbsp. red chile powder, such as cayenne
- Kosher salt, to taste

1 Heat a 6-qt. saucepan over medium-high. Cook dried chiles until lightly toasted, 1-2 minutes. Transfer to a food processor; add fresh chiles and 1 cup water. Purée until smooth and return to pan. Add lamb, peppercorns, cardamom, cinnamon, and 3 cups water; boil. Reduce heat to medium-low; cook, covered, until lamb is very tender, about 1 hour. Transfer lamb mixture to a bowl.

2 Wipe pan clean; heat oil over medium-high. Cook cumin seeds, garlic, and bay leaves

until seeds pop, 1-2 minutes. Add reserved lamb mixture, the tamarind paste, 1 tbsp. mint, the chile powder, and salt; boil. Reduce heat to medium; cook until thickened, about 1 hour. Garnish with remaining mint.

Nadru Yakhni

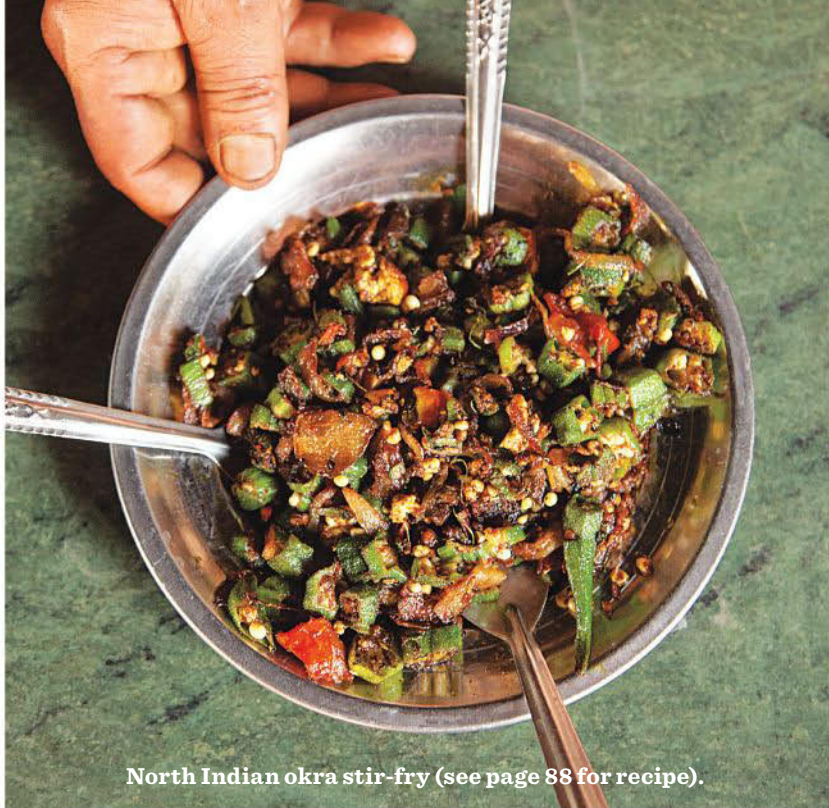
(Lotus Root in Yogurt Sauce)

SERVES 4

Porous lotus root sops up spiced yogurt gravy in this Kashmiri specialty (pictured above).

- 14 oz. fresh, frozen, or canned lotus root, sliced 1/2" thick
- Kosher salt, to taste
- 3 cups plain, full-fat yogurt
- 1/4 cup besan (chickpea flour)
- 5 tbsp. ghee
- 4 cloves garlic, mashed into a paste
- 1 1" piece ginger, mashed into a paste
- 1/2 small red onion, minced
- 1 tsp. garam masala (see page 35 for recipe)
- 1/2 tsp. cumin seeds
- 3 green cardamom pods
- 2 black cardamom pods
- 1 whole clove
- 1 stick cinnamon
- 1 tsp. dried mint

Boil lotus in a 4-qt. saucepan of salted water. Reduce heat



North Indian okra stir-fry (see page 88 for recipe).

to medium; cook until tender, 1½–2 hours if fresh, and drain. Whisk yogurt, chickpea flour, and 1½ cups water in a bowl. Add 3 tbsp. ghee to pan; melt over medium-high. Cook garlic, ginger, and onion until golden, 3–4 minutes. Add yogurt mixture; boil. Reduce heat to medium; simmer until thickened, 8–10 minutes. Stir in lotus, the garam masala, and salt; cook 2 minutes. Melt remaining ghee in an 8" skillet over medium-high. Cook cumin, cardamoms, clove, and cinnamon until aromatic, 1–2 minutes; stir into lotus mixture with mint.

Shahi Tukra

(Royal Toast)

SERVES 4

This syrup-soaked toast is slathered in a sweetened reduction of milk flavored with saffron (pictured on page 85).

- 8 cups whole milk
- 5 green cardamom pods
- 1 tsp. saffron threads
- 1¼ cups sugar
- 1 cup ghee
- 1 1 lb. Pullman loaf, crusts removed, sliced 1" thick
- ½ cup sliced almonds, toasted
- Edible silver leaf, for garnish (optional)

1 Boil milk and cardamom in a 6-qt. saucepan. Reduce heat to medium; cook, stirring occasionally to prevent scorching, until thick and creamy, 1–1½ hours. Mix saffron with 1 tsp. water in a bowl and add to pan. Stir in ½ cup sugar; cook until sugar is dissolved, 2–3 minutes.

2 Melt ghee in a 12" skillet over medium-high. Working in batches, cook toast, flipping once, until crisp, 2–3 minutes; transfer to a plate. Wipe skillet clean; add remaining sugar and 1 cup water, and boil. Cook until sugar is dissolved, 2–3 minutes; let cool. Return milk mixture to a simmer. Working in batches, dip toast in syrup; transfer to milk mixture. Cook until toast is softened, 4–6 minutes. Transfer toast to a serving platter; spoon remaining milk mixture over the top; garnish with almonds, and silver leaf if you like.

Shami Kebabs

(Spiced Ground Beef Patties)

MAKES 28 PATTIES

The recipe for these kebabs (pictured on page 88), which can also be made with lamb, is adapted from Charmaine O'Brien's *Recipes from an Urban Village* (The Hope Project, 2003).

- 3 tbsp. canola oil
- 1 tsp. cumin seeds
- 1 large red onion, ⅔ minced, ⅓ thinly sliced
- ½ cup chana dal (yellow split peas), rinsed, soaked 30 minutes, and drained
- ⅓ cup roughly chopped mint
- ½ tsp. ground turmeric
- 2 cloves garlic, mashed into a paste
- 2 small green Thai chiles or 1 serrano, minced
- 1 2" piece ginger, peeled, ½ mashed into a paste, ½ minced
- Kosher salt, to taste
- 2 lb. ground beef
- ½ cup minced cilantro
- 1 tbsp. garam masala (see page 35 for recipe)
- 1 tsp. red chile powder, such as cayenne
- ½ cup ghee
- Lime wedges, for serving

1 Heat oil in a 6-qt. saucepan over medium-high. Cook cumin seeds and half the minced onion until golden, 6–8 minutes. Add dal, mint, turmeric, garlic, chiles, ginger paste, salt, and 1½ cups water; boil. Reduce heat to medium-low; cook until dal is mushy and mixture is slightly dry, about 1 hour. Let cool and transfer to a food processor. Add beef, half the cilantro, the garam masala, chile powder, and salt; purée into a thick paste.

2 Stir remaining minced onion and cilantro with minced ginger in a bowl. Using wet hands, divide beef mixture into twenty-eight 1½ oz. balls. Working with 1 ball at a time, press index finger into center to create a pocket. Place ½ tsp. onion mixture inside; pinch edges to seal. Roll into a ball; flatten into a patty. Melt ½ cup ghee in a 12" skillet over medium-high. Working in batches and adding more ghee as needed, cook patties, flipping once, until cooked through and crisp, 4–6 minutes; serve with sliced onion and lime wedges.

For hard-to-find ingredients, see PANTRY, page 94.

Hot Stuff India, the world's foremost consumer of chiles, uses hundreds of varieties representing a huge range of tastes and heat. The spicy peppers find their way into nearly every dish: chutneys and pickles, curries and stir-fries, even cold drinks. —Farideh Saghedini



Grassy, earthy, and hot **Indian red chiles** retain their red hue when dried. Toasting these small chiles adds depth of flavor and balances their natural astringency. Widely available Mexican chiles de árbol are an excellent substitute.

Chile powder, ground, dried red chiles, lends color and radiant heat. Its powdery consistency goes great with ground meat, like in *shami kebabs* (see recipe at right).



Fresh, slender **Indian green chiles** can be puréed for chutneys, thrown into stews, or eaten raw as a condiment, to add fierce, herbal heat to foods. Select chiles that are bright green, plump, and unbruised. Thai chiles, more commonly found in U.S. markets, are a good substitute.



Nearly maroon in color, **dried Kashmiri chiles** are shorter and wider than Indian red chiles, and also less spicy. They lend a smoky earthiness to dishes like *mirchi qorma* (see page 88 for recipe). Mexican pasilla chiles are a good substitute.



Northeast

Worldlags.net

The northeastern states of Assam, Meghalaya, Arunachal Pradesh, Mizoram, Manipur, Nagaland, and Tripura are a world apart from the rest of India. The region is connected to the subcontinent by a mere thread of land, and most of the population traces its ancestry back to bordering Bhutan, China, and Myanmar. The kinship comes through in the cuisine. Pork and bamboo feature prominently, and cooks rely on ingredients like black sesame paste and salty fermented foods that speak more of Southeast Asia than the subcontinent. The landscape, too, shapes what is eaten. The Brahmaputra River supplies fish and supports rice paddies, while primeval forests are home to wild game, herbs, and greens. For Indians and non-Indians alike, the cuisine of this place is a delicious discovery.

Tribeswomen of Assam hold *baanhgajor lagot gahori*, pork belly with fermented bamboo (see page 93 for recipe).

JAMES ROPER (2)





EATING IN TEA COUNTRY

I have lived in Assam my whole life. It may be best known for its tea, but its food is also exquisite. Central to Assamese identity is *tenga aanja*, sour fish curry (bottom right)—an invigorating lunch on hot summer days or the finale to elaborate dinners. The banana tree figures into many dishes, such as *patot diya maach*, fish roasted in banana leaf (top right), and *koldilere rondha paro manxo*, pigeon with banana flower (bottom left; see page 93 for recipe). We even use the trunk, burning it down to alkaline ashes to make an ingredient called *kolakhar*. It adds zip to *khar*, a class of starter dishes, including *posolar khar*, a banana stem stir-fry (middle left). The region is also filled with bamboo, which is worked into *baanhgajor lagot gahori*, pork belly with fermented bamboo (middle right; see page 93 for recipe), a tribal specialty. My favorite dish, however, is a family one: *aitar manxor aanja*, my grandma's mutton curry (top left). —*Jyoti Das, cookbook author*

ADVERTISEMENT

SAVEUR READER SERVICE

1 THE HAWAIIAN ISLANDS

Six islands, each with its own unique personality, infused with the legendary spirit of *aloha*, where it's possible to live in the moment for as long as you like. Starting now. gohawaii.com

2 HAWAII, THE BIG ISLAND

Whether you're looking for epicurean thrills, cultural excursions or adrenaline-fueled fun, Hawai'i, the Big Island is more of what you come to Hawai'i for. gohawaii.com/hawaii-island

3 MAHATMA AND CAROLINA BASMATI RICE

Basmati Rice is an authentic treasure in taste from India. You will appreciate the aroma, great taste, and the long, slender fluffy grains of this truly gourmet rice. mahatmarice.com
carolinarice.com

4 KALAMAZOO

Neapolitan-style pizza is always close at hand with the Kalamazoo Artisan Fire Pizza Oven. Old-world forni heat is combined with gas-fired simplicity. Master the art of pizza. kalamazoogourmet.com

AUGUST/SEPTEMBER 2014

For more information about our advertisers, complete the following section, place in a stamped envelope, and mail to the address below.

Please send me information about (check all that apply):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ ALL

MAILING ADDRESS

Name

Address

City/State/Zip

Email

SEND CLIPPED COUPON TO

IMS-Bonnier Corp
P.O. Box 5111 Buffalo, NY 14205-9940

To find out more about our advertisers, log on to SAVEUR.com/freeinfo

TRAVEL GUIDE NORTH- EAST

ASSAM & BEYOND

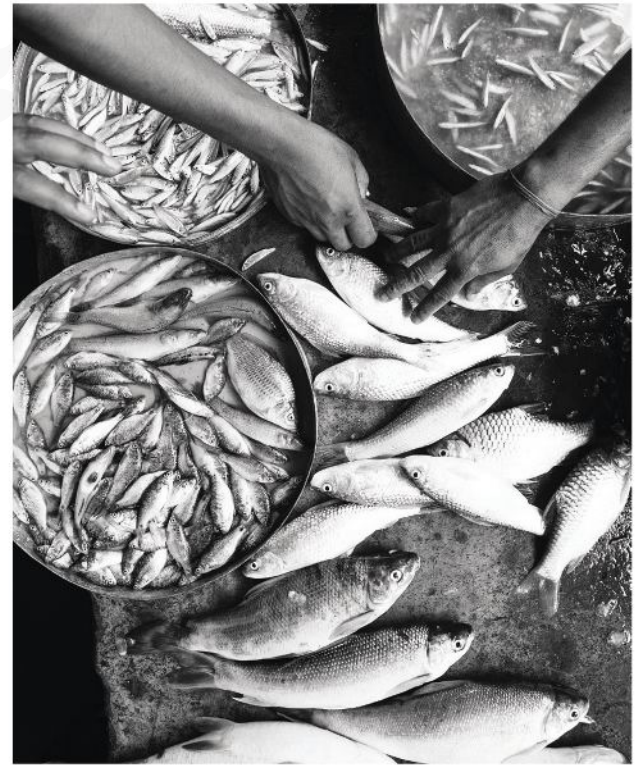
Like many remote places we visited in the making of this issue, the northeast is best navigated with the help of a local guide. Pradip Chettry, from Kensington Tours (kensingtontours.com), is one of the best. Make **GUWAHATI** your base in the region. **STAY** at the modest Kiranshree Portico hotel (kiranshreeportico.com). Drive to **VISIT** elephants and greater one-horned rhinoceroses at the Kaziranga National Park (kaziranganationalpark-india.com), a wildlife sanctuary founded in 1905.

EATING IN GUWAHATI

I was born in Assam and love teaching people about the diverse flavors of the northeast, starting in Guwahati, where I eat **ASSAMESE** cuisine like *khori*, barbecued fish, pork, or vegetable skewers known as “stick barbecue,” at **Khorika Restaurant** on GS Road, or *baanh-gajor lagot gahori*, pork with bamboo shoots, at **Maihang** at Shanti Palace. **Namsing**, opposite Commerce College, serves **MISH-ING**, tribal island cuisine from Brahmaputra, like *patot diya*, chicken roasted in banana leaves. **Sangai Restaurant** on Solapara Road serves **MANIPUR** dishes of the Meitei tribe like *erongba*, jackfruit chutney, with *nga-thongba*, fish and ginger curry. —Pradip Chettry



Clockwise from top left: Fishing on the Brahmaputra River; a fish market outside Guwahati; dal and spices at a village market; a member of the Engti family holding a spicy scramble of fern leaves and eggs; the Engti family cleaning greens for a stir-fry dinner; harvesting rice.



JOINING THE TRIBE

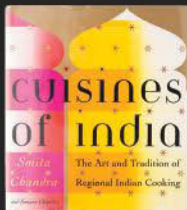
In the city of Guwahati, on the banks of the Brahmaputra River in Assam, my Hindu family's home was a farm in itself. We had our own pond, where we caught fish that we roasted over coals, or used to make *maachar muri ghonto*, fish heads with dal. Our cows provided milk, and we kept different varieties of fowl, including ducks, which we used to make *hahor mangso kumurar logot*, duck cooked with gourds. While we were a self-sustaining family, I was always fascinated by the various cuisines that were available in my hometown, an array of tribal dishes—including stir-fries and pork dishes—heavily influenced by the surrounding countries of China and Myanmar. That fascination kicked into full gear when I turned 17. Freshly graduated from school, I began visiting different parts of the northeast looking for the purest versions of the cuisine I enjoyed back home. Luckily for me, many tribes here consider feeding strangers an honor, so I was invited into a number of homes, where I experienced unforgettable meals like

phak-ok ten nempo, pork cooked in its own fat and mixed with sesame seeds, and *langdung*, mashed wild banana flower mixed with potatoes, tomatoes, and dried fish. While I am grown now, my passion for traveling this region to enjoy its tribal foods continues. On a recent trip to sample the foods of the Karbi tribe just outside Guwahati, I happened upon the Engti family as they gathered rice from nearby paddies. They invited me to join them as they shopped for ingredients at a local market. That night, we feasted on a spicy stir-fry of fern fronds and scrambled eggs served with rice. And while I had never met the Engtis before, I felt like family. —Aiyushman Dutta, journalist

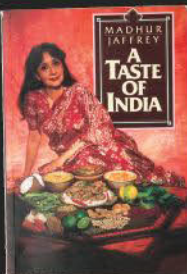


PASSAGE TO INDIA

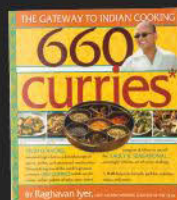
Understanding the foods of India, with its many cultures, cooking techniques, and cuisines, requires guidance—lots of guidance. The books we recommend to provide just that include Smita Chandra's reader-friendly **Cuisines of India: The Art and Tradition of Regional Indian Cooking** (Ecco, 2001),



which contains recipes for mouth-watering chutneys and tips on frying whole spices and aromatics. For a more anthropological take, look to the grande dame of Indian cuisine



Madhur Jaffrey and her encyclopedic tome **A Taste of India** (Atheneum, 1985). Finally, Raghavan Iyer, author of the tour-de-force **660 Curries** (Workman, 2008), will teach you how to make curries and much more. —Kellie Evans



Baanhgajor Lagot Gahori

(Pork Belly with Fermented Bamboo)

SERVES 4

This braised pork belly (pictured on page 90) from cookbook author Jyoti Das is inspired by an Assamese tribal dish.

- 2 tbsp. mustard or canola oil
- 1 1½ lb. piece boneless, skinless pork belly, cut into 1" strips, about ½" thick
- 10 small green Thai chiles or 5 serranos, halved
- 1 small red onion, quartered and thinly sliced
- 6 cloves garlic, mashed into a paste
- 1 2" piece ginger, peeled and mashed into a paste
- ½ tsp. ground turmeric
- Kosher salt, to taste
- ¾ cup fermented bamboo shoots, minced

Heat oil in a 12" nonstick skillet over medium-high. Cook pork belly, stirring occasionally, until fat is rendered, 7–9 minutes. Discard all but ¼ cup fat from skillet. Add chiles and onion; cook until golden, 8–10 minutes. Add garlic and ginger; cook until fragrant, about 30 seconds. Add turmeric, salt, and ½ cup water; boil. Reduce heat to medium-low; cook, covered, until pork is very tender, 35–40 minutes. Stir in bamboo; cook until warmed through, about 5 minutes more.

Koldilere Rondha Paro Manxo

(Assamese Pigeon with Banana Flower)

SERVES 4

Traditionally, pigeon is used in this northeast Indian dish (pictured on page 91), but chicken wings are a great substitute. The recipe comes from cookbook author Jyoti Das.

- 2 tsp. cumin seeds
- 2 tsp. fennel seeds
- 1½ tsp. black peppercorns
- 8 cloves garlic, peeled
- 1 2" piece ginger, peeled and thinly sliced

Kosher salt, to taste

- 1 large banana flower
- ⅓ cup mustard oil
- 6 green cardamom pods
- 5 whole cloves
- 2 Indian or regular bay leaves
- 1 stick cinnamon, halved
- 1 small red onion, minced
- 1½ lb. pigeon, cut into 2" pieces, or chicken wings, halved at the joint, wing tips discarded
- 1 tsp. ground turmeric
- 1 tsp. sugar
- 5 small green Thai chiles or 3 serranos, sliced
- 2 tbsp. ghee, melted

1 Combine cumin and fennel seeds, peppercorns, garlic, and ginger in a spice grinder; purée into a paste and set aside. Fill a bowl with cold salted water. Peel and reserve the tough outer leaves of the banana flower until you reach the tender white bulb. Quarter and thinly slice the bulb; add to bowl with salted water. Within each of the reserved leaves, remove the pale, tender flowers found inside; discard any tough purple flowers and the leaves. Mince the flowers; add to bowl with salted water. Using hands, agitate banana flower in water until clean; drain and spread out on paper towels to dry.

2 Heat oil in a 12" skillet over medium-high. Cook cardamom, cloves, bay leaves, and cinnamon until fragrant, 1–2 minutes. Add onion; cook until golden, 4–6 minutes. Add reserved paste; cook until the oil separates, 2–3 minutes. Stir in pigeon, turmeric, sugar, salt, and ¾ cup water; boil. Reduce heat to medium; cook, covered, until pigeon is cooked through, about 15 minutes. Stir in reserved banana flower and the chiles; cook, covered, and stir occasionally, until banana flower is tender and pigeon is falling off the bone, 15–20 minutes more. Stir in ghee.

For hard-to-find ingredients, see PANTRY, page 94.

FROM LEFT: JAMES ROPER (6); INGALLS PHOTOGRAPHY (3)

ADVERTISEMENT



The Best of Golf IN IRELAND

THE BEST GOLF that Ireland has to offer! This ten-day trip will bring you from the Southwest of Ireland playing Ballybunion, Tralee, and The Old Head with two nights in Dublin before moving north and playing Portmarnock, Royal County Down, Royal Potrush, and Portstewart. Complete with 5-star accommodations and private luxury VIP chauffeur transfers, this amazing golf trip will give you the opportunity to experience the very best of Irish hospitality and Links golf.

EXCLUSIVE TO SAVEUR READERS
Seven rounds of golf, full breakfasts, and hotel amenities.

For more information contact

ANNE CRAWFORD

Coastline Travel Advisors

949.496.0872

luxtravel@mc.occoxmail.com

SAVEUR
TRAVEL ADVISORY BOARD
Exclusively Virtuoso

VIRTUOSO
SPECIALISTS IN THE ART OF TRAVEL

All elements are subject to availability

The Pantry

A Guide to Resources

In producing the stories for this issue, we discovered ingredients and information too good to keep to ourselves. Please feel free to raid our pantry!

BY KELLIE EVANS



Smoky **black cardamom pods**, or *kala elaichi*, lend a camphor-like perfume to rice dishes and sweets.
kalustyans.com



Extracted from mature coconuts, **coconut oil**, is used in south India for stir-fries like beetroot *thoran* (see page 72 for recipe).
wholefoods.com



Fresh **curry leaves**, or *kadipatta*, lend their resinous fragrance to dishes from chutneys to curries.
patelbrothersusa.com



Daikon, or *mooli*, a crunchy radish that retains its texture and subtle spiciness when cooked, is great in a stew or stir-fry.
melissas.com



Drumsticks, or *sebhana ki phali*, have a thick, ridged skin like okra and a flavor similar to asparagus.
patelbrothersusa.com



Use tasteless, odorless, and tissue-thin **edible silver leaves**, or *vark*, to add a striking garnish to Indian desserts.
nycake.com



Fenugreek seeds, or *methi*, have a bitter-sweet, musky flavor. They are often fried and worked into curries.
ishopindian.com



In northeast Indian cooking, **fermented bamboo shoots** add pungency and texture to stir-fried dishes.
asiansupermarket365.com



Foods of the World: The Cooking of India (Time Life Books, 1969) offers inspiring recipes and fascinating photos.
amazon.com



If fresh mature coconuts are not available, substitute **frozen shredded coconut** in curries and sweets.
patelbrothersusa.com



If you're not making your own **ghee**, a nutty fat derived from clarifying butter, purchase a jar made from pure butter.
amazon.com



Tart, firm **green, unripe mangos**, or *khatte am*, retain some texture when used to prepare pickles, curries, and chutneys.
melissas.com



Native to south India, **ground green cardamom**, or *choiti elaichi*, adds a heady perfume to savory and sweet dishes.
kalustyans.com



Pushpesh Pant's **India Cookbook** (Phaidon, 2010) presents 1000 recipes for classic dishes from home cooks and professional chefs.
amazon.com



Fragrant **Indian bay leaves**, or *tez patta*, lend herbal intensity to dishes like Chettinad pepper chicken (see page 74 for recipe).
ishopindian.com



With a maple-like flavor, **jaggery** or *gur*, lump cane sugar, is a key sweetening agent in dishes throughout Indian cooking.
kalustyans.com



In Indian recipes that call for pumpkin, the firm, orange-fleshed **kabocha squash** is an excellent substitute.
melissas.com



Earthy, sweet **black cumin seeds**, called *kala jeera*, flavor dishes like Kashmiri lamb in chile sauce (see page 88 for recipe).
kalustyans.com



This product is from sustainably managed forests and controlled sources.

SAVEUR (ISSN 1075-7864) Issue: No. 167, August/September 2014. SAVEUR is published nine times a year (January/February, March, April, May, June/July, August/September, October, November, and December) by Bonnier Corporation, 460 N. Orlando Ave., Suite 200, Winter Park, FL 32789. Copyright 2014, all rights reserved. The contents of this publication may not be reproduced in whole or in part without consent of the copyright owner. Periodicals postage paid at Winter Park, Fla., and additional mailing offices. SUBSCRIPTIONS: U.S., \$29.95 for one year, \$49.95 for two years. Foreign surface mail to Canada: \$42.95 for one year; to other foreign destinations: \$55.95. For subscription information in the U.S., call 877-717-8925, outside the U.S., call 515-237-3697, e-mail SAVcustserv@cdsfulfillment.com, or write to SAVEUR, P.O. Box 6364, Harlan, IA 51593. **POSTMASTER:** Send address changes to SAVEUR, P.O. Box 6364, Harlan, IA 51593. For faster service, please enclose your current subscription label. EDITORIAL: Send correspondence to Editorial Department, SAVEUR, 15 East 32nd Street, 12th Floor, New York, NY 10016; e-mail: edit@saveur.com. We welcome all editorial submissions but assume no responsibility for the loss or damage of unsolicited material. Retail sales discounts are available; contact Circulation Department. The following are trademarks of SAVEUR and Bonnier Corporation, and their use by others is strictly prohibited: IN THE SAVEUR KITCHEN, SAVEUR FARE, SAVEUR MOMENT

JUDY HAUBERT (2); FARIDEH SADEGHIN (6); INGALLS PHOTOGRAPHY (29)



Himalayan **black salt**, or *kala namak*, sold ground or in rock form, lends a pleasing sulfurous note to condiments and drinks.
ishopindian.com



An essential part of Indian meals, husked, milled, and polished **long grain white rice**, such as basmati, is also used in desserts.
wholefoods.com



The long, rough-skinned **loofah**, or ridge gourd, provides a cucumber-like flavor and texture to vegetable **curries**.
melissas.com



Lotus root, or *kikadi*, a crunchy yet porous rhizome, soaks up sauces. Asian markets sell it fresh, frozen, or canned.
melissas.com



To store and organize spices, Indian home cooks use a **masala dabba**, a round metal tray in which smaller tins nest.
amazon.com



Widely used in northern India for frying, peppery **mustard oil**, or *sarson ka tel*, mellows as it heats.
kalustyans.com



Black and brown **mustard seeds** lend a nutty flavor and crunch when fried and used to finish soups, sauces, and curries.
ishopindian.com



Panch phoron, a Bengali spice mix of fennel, black mustard, nigella, fenugreek, and cumin seeds, is toasted or fried before using.
kalustyans.com



Creamy and tart, **plain, full-fat yogurt** or Greek-style yogurt is ideal for raitas, lassis, and the tangy stews called *yakhni*.
wholefoods.com



Fresh **pointed gourds**, or *potal*, have a mild zucchini-like flavor. They're added to vegetable stews and curries.
patelbrothersusa.com



Rasam powder, a toasted blend of chana dal, chiles, and whole spices, is used to flavor soups and chutneys.
ishopindian.com



Saffron threads, or *kesar*, the stigmas of crocuses, lend a golden hue and earthy flavor to desserts. The most prized is from Kashmir.
kalustyans.com



In salty snack mixes or as a topping, **sev**, or fried chickpea noodles, provide a nut-like taste and crunch.
kalustyans.com



Preferable to the sometimes bitter concentrate, **tamarind pulp** adds a sour tang to desserts and savory dishes.
ishopindian.com



The **tiffin**, a nesting lunch box, is perfect for transporting the various dishes that compose an Indian meal.
happytiffin.com

SAVEUR IN STORE!

magazine is available in these and other fine retail establishments.

BELLA THE CORNER GOURMET

Lewisburg, WV • 304/520-4921
www.BellaTheCornerGourmet.com

BREED & CO.

512/328-3960
shop.breedandco.com

BUON ITALIA

New York, NY • 212/633-9090
www.buonitalia.com

CREATIVE COOKWARE

Murphys, CA • 209/728-8303
facebook.com/pages/Creative-Murphys-CA

DESIGN & GRACE EUROPEAN KITCHEN STORE

Grapevine, TX • 214/636-5675
www.designandgrace.com

HARVEST MARKET

Stowe, VT • 802/253-3800
www.harvestatstowe.com

HOME GOODS OF MARGARETVILLE

Margaretville, NY • 845/586-4177
www.hgom.net

KITCHEN WINDOW

Minneapolis, MN • 612/824-4417
www.kitchenwindow.com

KITCHEN WORKS, INC.

919/967-9388
www.kitchenworksinc.com

LULLU'S TUTTO CUCINA

Salem, OR • 503/364-7900
www.lullututtocucina.com

MACARTHUR BEVERAGES

Washington D.C. • 202/338-1433
www.bassins.com

MARCEL'S CULINARY EXPERIENCE

Glen Ellyn, IL • 630/790-8500
www.marcelsculinaryexperience.com

NICOLA'S SPECIALTY FOODS

New York, NY • 212/753-9275
www.casanicola.com

PALATE PLEASERS

Annapolis, MD • 410/263-6941
www.palatepleasers.com

ROOSTER BROTHER

Ellsworth, ME • 207/667-8675
www.roosterbrother.com

STELLA'S MODERN PANTRY

Ocala, FL • 352/622-FOOD (3663)
www.stellasmodernpantry.com

TAYLOR'S MARKET

Sacramento, CA • 916/443-6881
www.taylorsmarket.com

TED'S BUTCHERBLOCK

Charleston, SC • 843-577-0094
www.tedsbutcherblock.com

THE BROOKLYN KITCHEN

Brooklyn, NY • 718/389-2982
www.thebrooklynkitchen.com

THE BROOKLYN KITCHEN

New York, NY • 718/389-2982
www.thebrooklynkitchen.com

THE KITCHEN AT WHITTINGHAM

Fredericksburg, VA • 540/374-0443
www.shopwhittingham.com

THE KITCHEN TABLE

Hattiesburg, MS • 601/261-2224
www.kitchentablenow.com

THE PANTRY

Washington Depot, CT • 860/868-0258
www.thepantryinc.com

TREATS

Wiscasset, ME • 207/882-6192
www.treatsofmaine.com

WARREN KITCHEN & CUTLERY

Rhinebeck, NY • 845/876-6208
www.warrenkitchentools.com



Highlands 8th Annual Culinary Weekend

Fall in Highlands has never tasted better than during the 8th Annual Highlands Culinary Weekend. This 4-day destination event, created by The Highlands Chamber of Commerce and Visitor Center, promises to be one of the highlights of the season. Join us as we embrace Highlands' majestic mountains, boundless activities, appealing accommodations, unique retail shops and extraordinary cuisine. This will be a weekend you will never forget.

Event Dates - November 6th-9th

866.526.5841

Highlandsculinaryweekend.com



Greek Island Cooking Vacation

Join renowned cookbook author Aglaia Kremezi on the island of Kea for your Mediterranean holiday. Prepare and enjoy fascinating food, taste wines and sample rare cheeses. Discover the island, its ancient paths, and spectacular beaches. Take part in the harvest and pressing of our olives, and savor the fruity olive oil as it trickles on freshly baked bread!

Shop online at
www.keartisanal.com



The freshest teas, delivered from India.

Teabox brings you the largest selection of fine loose leaf teas from Darjeeling, Assam and Nilgiri. Chosen by tea experts with decades of experience and crafted with care and precision, we bring you perfection in a cup. You deserve a great cup of tea.

www.Teabox.com

Teabox



A Grill for the Purist.

Grillworks builds specialty wood-fired grills for both leading-edge chefs and adventurous home cooks. Dramatic, tactile, and durable, our grills are for those who love the purity of cooking over flame. Freestanding or built-in, large or small, commercial or residential, all hand made in the USA.

"The best grill on this or any other planet." - Alton Brown

855.434.3473

www.GrillworksUSA.com

GRILLWORKS®
Argentine Inspired. American Made.™



SOLID COPPER

Heat Diffusers and Defroster Plates

~Equalized Heating~ No Hot Spots in your pans
Copper Conducts Heat Better

www.bellacopper.com 805 218 3241



Adopt an Olive Tree

for one year from our groves in Calabria, Italy
and we will send you the extra virgin olive oil
from your tree after harvest.

100% Italian

Grown in Italy - Picked in Italy - Poured in Italy

For more information visit us at

www.treolive.com



Certified Piedmontese Beef

Certified Piedmontese® beef tastes great: lean and tender, juicy and delicious. But there's more to it than just flavor. Certified Piedmontese is also low in fat and calories. At the same time, it's protein-rich with robust flavor. Incredibly lean, unbelievably tender—the best of both worlds.



Order online at www.piedmontese.com

Enter code **saveur10** to save 10%

Wood-Fired Cooking Reinvented

- 15 Minute Heat Up
- Pizza Napoletana
- Grill, Bake and Roast
- Incredibly Easy



Bella
Outdoor Living

www.bellaoutdoorliving.com
831-998-8598

There are Range Hoods...
and then there is a
RangeCraft Range Hood



RangeCraft

Range Hoods Made To Order

ANY DESIGN • ANY MATERIAL

ANY FINISH

Universal Inserts for Wood Hoods

QUALITY CRAFTED IN THE USA

877-RCHOODS

www.rangecraft.com



"Addictive!"

★★★★★ -Gail R.

"I just love this mole. It tastes amazing!"

★★★★★ -Heidi M.

"I made enchiladas last night with the red mole. It was way too easy to taste that good. Our guests couldn't stop complimenting me on the dish"

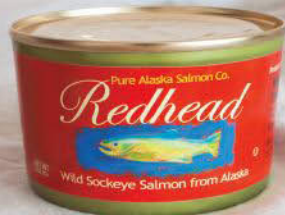
★★★★★ -Melinda F.

Order your own today, and enjoy making authentic Oaxacan mole at home.

Use code **SAVEUR** at check out for 10% off your order!

WWW.ILOVEMOLE.COM

Pure Alaska Salmon Co.
Delicious & Smart
Pure Alaska Wild Salmon
Your Convenient Source of Omega-3s & Vitamin D



purealaskasalmon.com • 888.328.7885



TIME 9:23 a.m., January 17, 2014

PLACE Molasur, Tamil Nadu

One of India's millions of sacred cows gets nosy at a photo shoot in a southern Indian village.

PHOTOGRAPHS BY KELLY CAMPBELL



Talenti.
Say it with
an accent
if it makes
you happy.

WorldMags.net

SUPERIORITY. COMPLEX.



NEW ROCA PATRÓN HAS A COMPLEX TASTE THAT'S HANDCRAFTED USING A COMPLEX PROCESS. COOKED AGAVE IS CRUSHED BY A TWO-TON TAHONA STONE WHEEL, AN ANCIENT, LABOR-INTENSIVE METHOD. THE AGAVE IS THEN FERMENTED AND DISTILLED WITH THE FIBER, RESULTING IN A MULTI-LAYERED, EARTHY TASTE. EXPLORE THE PROCESS AT PATRONTEQUILA.COM. **TASTE HOW IT'S MADE.**

